ST.JOSEPH’S COLLEGE FOR WOMEN (AUTONOMOUS), VISAKHAPATNAM

IV SEMESTER **HOMESCIENCE** TIME: 4HRS/WEEK

HS 4103 (3) **THERAPEUTIC NUTRITION** MAX.MARKS:100

w.e.f. 2020 – 2021 (“20AH”) **SYLLABUS**

**OBJECTIVES:** To enable the students to   
- Understand the role of diet in therapy.  
- Develop the capacity and aptitude for taking up dietetics as a profession.  
- Gain knowledge and develop skills and techniques in the planning and preparation of therapeutic diets.

**OUTCOMES OF THE COURSE:**

On completion of the Course, the student shall  
1.Appreciate dietetics as career opportunity  
2.Demonstrate knowledge on preparing therapeutic diets  
3.Be skilled to work in capacity of dietician at health care organizations.  
4.Be equipped to launch own entrepreneurial venture in the field of dietetics.

**THEORY**

**UNIT -I INTRODUCTION TO THERAPEUTIC NUTRITION:**

* Therapeutic Nutrition – Purpose of Diet Therapy, Therapeutic adaptation of normal diets – liquid, soft and special feeding methods, pre- and post operative diets.
* Dietitian – Roles and responsibilities, Diet counselling, follow up and patient education.
* IDA – Indian Dietetic Association

**UNIT -II MALNUTRITION AND FEVERS :**

* Fevers – Acute and Chronic fevers – Typhoid, T.B. – Causes, symptoms and dietary management
* Under weight, Overweight and Obesity – Causes, assessment, symptoms and dietary management and complications

**UNIT -III GASTROINTESTINAL AND LIVER DISEASES :**

* Gastrointestinal Diseases – Dyspepsia, Peptic ulcer, Diarrhoea, Constipation and Malabsorption Syndrome – Steatorrhea, Celiac disease and Tropical Sprue – Causes, symptoms and dietary management
* Liver diseases – Hepatitis, Cirrhosis of liver - Causes, symptoms and dietary management

**UNIT -IV CARDIO-VASCULAR AND RENAL DISEASES:**

* Cardio-Vascular Diseases – Role of fat in the development of Atherosclerosis, Hypertension - Causes, symptoms and dietary management
* Kidney disease – Nephritis, Nephrosis, Renal Failure, and Renal calculi - Causes, symptoms and dietary management

**UNIT -V DIABETES AND CANCER :**

* Diabetes Mellitus – Classification, causes, symptoms,
* Tests for detection of Diabetes Mellitus , Dietary management- and complications
* Cancer – Classification, risk factors, symptoms, general systemic reactions, nutritional requirements; Role of food and dietary guidelines for prevention of cancer

**REFERENCES BOOKS:**

1. Bamji MS, Krishnaswamy K, Brahmam GNV. (2016). Textbook of Human Nutrition, 4th edition, Oxford and IBH Publishing Co. Pvt. Ltd.
2. Khanna K, Gupta S, Seth R, Mahna R, Rekhi T (2004). “The Art and Science of Cooking: A Practical Manual, Revised Edition. Elite Publishing House Pvt. Ltd.
3. NIN. (2017). Food Composition Tables , National Institute of Nutrition, Hyderabad.
4. Srilakahsmi, B. (2019).Dietetics , 8th edition, New Age International Publishers.
5. Srilakahsmi, B. (2018). Nutrition Science , 6th edition, New Age International Publishers.
6. Sumati R. Mudambi,.Rajagopal, M.V.(2012). Fundamentals of Foods, Nutrition and Diet Therapy, 6th edition, New Age International Publishers.
7. Swaminadhan, M., (1988). Essentials of Food and Nutrition, Volume I and II, The Bangalore Printing and Publishing Co. Ltd., Bangalore.
8. Wardlaw MG&Insel PM. (2004). Perspectives in Nutrition, Sixth Edition.

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