

B.A (Prog) with Nutrition and Health Education (NHE) as Major
Category-II

DISCIPLINE SPECIFIC CORE COURSE – DSC-14-NHE: THERAPEUTIC NUTRITION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Therapeutic Nutrition	4	3	NIL	1	Class XII	NIL

LEARNING OBJECTIVES:

- To impart students' basic knowledge on the role of diet in various disease conditions
- To understand principle of diet therapy, modification of normal diet for therapeutic purposes, role of dietician
- To develop skills in planning and preparation of therapeutic diets for various conditions

LEARNING OUTCOMES:

After completion of the course, the students will be able to:

- Describe therapeutic adaptations of normal diet
- Create an understanding regarding etiology, clinical features, dietary and nutritional management of common diseases like febrile conditions, gastrointestinal disorders, food allergy etc.
- Understand the risk factors, complications and dietary management of lifestyle disorders like diabetes, hypertension, atherosclerosis and obesity.
- Conduct market survey of therapeutic items

SYLLABUS OF DSC-NHE-14

THEORY
(Credits: Hours)

UNIT I: Nutrition Care Process**(8 Hours)**

- *Unit Description:* This unit will focus on basics of nutrition care process, role of dietician, modification of normal diet into therapeutic diet and types of diets and special feeding methods.
- *Subtopics:*
 - Rationale for Nutrition Support
 - Organization of Nutrition Support Services (Role of Dietician)
 - Dietary Modifications and types of diet
 - Special Feeding Methods enteral, parenteral

UNIT II: Nutrition in Infection**(12 Hours)**

- *Unit Description:* This unit will focus on etiology, clinical features, metabolic changes and dietary management during infections and GI disorders.
- *Subtopics:*
 - Fever (Acute and Chronic)
 - HIV AIDS
 - Upper GIT-GERD, Peptic Ulcers
 - Intestinal-Diarrhea, Constipation, Inflammatory Bowel Disease
 - Liver-Hepatitis

UNIT III: Lifestyle Related Disorders**(15 Hours)**

- *Unit Description:* This unit will focus on etiology, clinical features, assessment methods, complications and nutritional management of various lifestyle related diseases.
- *Subtopics:*
 - Overweight / Obesity
 - Diabetes Mellitus
 - Hypertension
 - Metabolic Syndrome
 - Cardiovascular- Atherosclerosis, Hypercholesterolemia
 - Cancer

UNIT IV: Inborn Errors of Metabolism / Specialized Diets / Food Allergy**(10 Hours)**

- *Unit Description:* This unit will focus on etiology and dietary modifications in inborn errors of metabolism / food allergy / specialized diets.
- *Subtopics:*
 - Lactose Intolerance
 - Celiac Disease
 - Food Allergy
 - Ketogenic Diet
 - Purine Restricted Diet

PRACTICAL
(Credits 1: 30 Hours)

1. Market Survey of Therapeutic Foods
2. Planning of Therapeutic Diets
 - Normal Diet
 - Soft Diet
 - Clear Fluid Diet
 - Full Fluid Diet
3. Develop a Questionnaire regarding basic information of patients for dietary management
4. Planning and preparation for the full day's diet for the following conditions: -
 - Fevers – Acute and Chronic
 - Chronic Diarrhea
 - Constipation
 - Obesity
 - Diabetes
5. Planning and preparation of snack/dish for following diseases: -
 - Typhoid/Tuberculosis
 - Diabetes – Sweet and Savory Snack
 - Hypertension
 - Obesity
 - Diarrhea
6. Develop a handout/visual material for any one of the following: -
 - Diarrhea
 - Lactose Intolerance/Celiac Disease
 - Diabetes
 - Hypertension
 - Obesity
 - Metabolic Syndrome

ESSENTIAL/ RECOMMENDED READINGS (Theory and Practical):

- Khanna, K, Gupta, S, Passi, S.J, Seth, R, Mahana, R, Puri, S (2013). Textbook of Nutrition and Dietetics (2nd Edition). Elite Publishing House Pvt. Ltd.
- Srilakshmi, B (2023) (9th Edition). Dietetics. New Age International (P) Ltd Publishers.
- Seth, V and Singh, K (2013). Diet Planning Through the Life Cycle, Part III. 'Diet Therapy' A Practical Manual, 5th Ed. Elite Publishing House Pvt/ Ltd.
- Siddhu, A , Bhatia, N , Singh, K , Gupta, S. Technical Series 6-Compilation of Food Exchange List (2017), Global Books Organization.
- Longvah, T, Anathen, R, Bhaskaracharya, K, Venkaiah, K. Indian Food Composition Tables, National

Institute of Nutrition (2017)

SUGGESTED READINGS:

- Shubhargini, A, Joshi, S (2021). Nutrition and Dietetics (5th Edition), McGraw Hill Education (India) Pvt. Ltd.
- Mudambi , S.R, Rajagopal , M.V. Fundamentals of Foods, Nutrition and Diet Therapy (2012). New Age International (P) Ltd. Publisher.
- Staci, Nix, William's Basic Nutrition and Diet Therapy (2021) South Asia Edition (16th Ed.) Elsevier.
- Raymond, J.L, Morrow, K, Krause and Mahan's Food and the Nutrition Care Process (16th Ed) (2022) Elsevier.
- Sharma, Avantina, Principles of Therapeutic Nutrition and Dietetics (2017), CBJ Publishers & Distributers.