

CLUSTER UNIVERSITY SRINAGAR

Academic Session 2018-2019

Nutrition & Dietetics

Semester II

Core Course UGNAD17202 Basics of Dietetics

Credits: 6 credits

SEMESTER II (UGNAD17202)
BASICS DIETITICS

UNIT I

Meal Planning

Definition, Objectives, Principles of planning menus, factors affecting meal planning
Definition of Food Habits, Factors affecting Food habits (Cultural, Social, Psychological and economical)
Use of Food Composition Table and exchange list

UNIT II

Recommended Dietary allowances

Definition and Importance, RDA for Indians according to age, activity and sex
Nutrition and Food requirement of

- Infants
- Schoolgoing
- Preschoolers
- Adolescents
- Adults
- Expectant Mothers
- Lactating Mothers
- Old aged

UNIT III

Principles of Diet and Diet Therapy
Basic concepts of Diet Therapy
Adaptation of Normal Diet for changing needs

Dr. Nigmal Singh
[Signature]

Role of a Diet Counselor
Routine Hospital Diets
Regular Diets
Liquid Diets
Special Feeding Methods
Pre and Post Operative Diets

UNIT IV

Therapeutic Diets for common ailments

- Fever(Typhoid, influenza, Tuberculosis)
- Diarrhea, Dysentery
- Constipation
- Hypertension
- Jaundice

PRACTICALS

1. Planning of Diet for

- Infancy(weaning foods)
- Preschoolers(Packed lunch)
- School going children
- Adolescents (Boys and Girls)
- Adults
- Old age
- Pregnant ladies
- Lactating women

2. Modified Diets

- Soft Diet
- Liquid
- Norm
- Regular
- Bland Diet

3. Planning of Therapeutic diets for

- Fever
- Diarrhoea
- Constipation
- Jaundice
- Hypetension

References

1. Kraus, M.V and Mahan L.K (1986) : Food Nutrition and Diet Therapy . Alan R.Lies, Saunders Co London
2. Passmore R and Davidson, S(1986) : Human Nutrition and Dietetics , Living stone Publisher
3. Robinson C. H laer M.R Chnenowth , W.L Garwick, A.E (1986) Normal and Therapeutic N Macmillian publishing company, Newyork

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