

Semester: VII				
Course no:612.5		Dietetics I (Theory)		Credit Hours: 2+1 = 3
Total Periods= 60			1 Period= 45min	
S.No	Topics	Main Points	References	Periods
1	Introduction	What is Diet therapy ; principles of Diet therapy; Recommended nutrient intakes; Food guides ; Comparison between food pyramid & My plate, Food composition table; Food exchange lists.	9, 10 Websites: WHO, FAO, ADA, UNICEF	2
2	Modification of normal diet for texture & consistency.	Principles, characteristics & indication of Normal/ Regular & Therapeutic diet Soft Diet: Mechanical soft /mechanically altered diet and hospital soft/customary soft . Fluid diet: Full fluid/blenderized diet and clear fluid diet. Fiber & Residue Modification: High fiber, fiber restricted and high & low residue diet.	1,4,7,8,9, 10, 11	2
3	Dietary modifications for Therapeutic Diets:	Principles characteristics & indication of high calorie high protein diet and caloric restricted diet. Purpose, Indication for use & description of Bland Diet; High protein high carbohydrate, moderate fat diet; Fat controlled and fat modified diet, Controlled protein, Gluten free diet, Lactose free diet, Potassium modified and Sodium Restricted Diet,	7, 8, 9,10	4
4	Dietary modifications in upper and lower gastrointestinal diseases	<u>Pathophysiology, Etiology Signs Symptoms & Dietary Recommendations in Upper Gastrointestinal Tract Diseases:</u> Dysphagia , Esophageal Surgery ,Gastroesophageal Reflux Disease , Hiatal Hernia, gastritis, Hyperchlorhydria and Hypochlorhydria ,Peptic ulcer, Gastric Surgery,dumping syndrome, <u>Pathophysiology, Etiology, Signs ,Symptoms & role of Diet in Lower GI Tract Diseases:</u> Constipation, Diarrhea , Gastroenteritis ,Steatorrhea , Lactose intolerance. Gluten Enteropathy/Celiac Disease, Grohn's Disease and Ulcerative Colitis , , Irritable Bowel Syndrom, Inflammatory Bowel Disease, Diverticular Disease , Short-bowel syndrome (SBS),	7, 8, 9,10	6
5	Nutrition Care Process (NCP) & the International Dietetics & Nutrition Terminology	Introduction of NCP steps and related terminology: Nutrition Assessment, Diagnosis, Intervention and Monitoring & Evaluation; the purpose and implication of NCP and IANT	12	4

	(IDNT)			
6	PEM	Protein energy malnutrition (PEM) management: Kwashiorkor and Marasmus	9, 10 Websites: WHO, FAO, ADA, UNICEF	2

Semester: VII**Course no:612.5****Dietetics I (Practical)****Credit Hours: 2+1 = 3****Total Periods=****1 Period= 45min**

S.No	Topics	Main Points	References	Periods
1	Recommended Nutrient Intakes; Food Guides; Comparison between Food Pyramid & My Plate, Food Composition Table; Food Exchange Lists	Report writing after review of literature. Find out about the latest recommendations and dietary guidelines.	8,9,10 Websites: WHO, FAO, ADA, UNICEF	1
2	Planning of Therapeutic Diets:	Therapeutic modification of normal diet in consistency & texture: Plan & prepare normal diet and modify the diet for therapeutic purpose (mechanical soft, customary soft, full fluid, clear fluid & purred/ blenderized diet). Planning of Bland Diet; High protein high carbohydrate, moderate fat diet; Fat controlled and fat modified diet, Controlled protein, Gluten free diet, Lactose free diet, Potassium modified and Sodium Restricted Diet,	1, 7, 8,9,10	6
3	Planning Diets for Upper and Lower Gastrointestinal diseases	Dysphagia stage 1,2,3 &4 , Esophageal Surgery ,Gastroesophageal Reflux Disease , Hiatal Hernia, gastritis, Hyperchlorhydria and Hypochlorhydria ,Peptic ulcer, Gastric Surgery,dumping syndrome Plan a diet for Constipation & Diarrhea. Steatorrhea , Lactose intolerance. Gluten Enteropathy/Celiac Disease, Grohn's Disease and Ulcerative Gollitis , , Irritable Bowel Syndrom, Inflammatory Bowel Disease, Diverticular Disease , Short-bowel syndrome (SBS),	1,7,8,9,10	6
4	Planning of Diet for Management of Protein Calorie Malnutrition (PEM)	Dietary consideration and calculation & preparation of Formula 75 & 100.	1,7,8,9,10	1

5	Nutrition Care Process (NCP) & the International Dietetics & Nutrition Terminology (IDNT)	Introduction of NCP steps and related terminology: Nutrition Assessment, Diagnosis, Intervention Monitoring & Evaluation; the purpose and implication of NCP and IDNT	12	2
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BOOKS RECOMMENDED

1. Krause, M. V. Mahan, L.K. Krause, Food, Nutrition and Diet Therapy, Sytria Escott-Stump, 11th Edition.
2. Robinsons, C.H. and Lawler, M. R. Normal and Therapeutic Nutrition Mac Millan, Pub. Co. New York, 20th Ed. 1992.
3. Williams, S.R. Essentials of Nutrition and Diet Therapy, Times Mirres Mosby Pub. St. Louis, Latest Edition.
4. Sue Rodwell Williams, Nutrition and Diet Therapy, Mosby Publishing Co. Eighth Edition, 1997
5. American Dietetic Association, Chicago, Illinois Manual of Clinical Dietetics, Sixth Edition
6. Shabana Perwaiz Sandila, Nutrition in Health and Disease, A Manual for B.Sc. Handouts, 2002
7. Michael C. Latham, Human Nutrition in the Developing World, Food And Agriculture Organization Of The United Nations, ISSN 1014-3181 Rome, 1997

Understanding Normal and Clinical Nutrition, by Rolfes, Sharon Rady, and Pinna, Kathryn, and Whitney, Ellie. ISBN: 9780840068453, Edition, 9th.

MARKING SCHEME Dietetics I

Exam	Total Marks	Objectives	Subjectives
Theory Mid Term	32	60-80 %	20-40%
Theory Final Term	48	60-80 %	20-40%
Practical Mid Term	8	Distribution given below	
Practical Final	12		

PRACTICAL EXAM FINAL: Total 12

Plan and prepare menu:04

Written :04

Viva:04

CLASS MARKS Total=08

1. Attendance :02
2. Menu planning and other class activities :06