



MANGALORE UNIVERSITY
Department of Bioscience
MSc Food Science and Nutrition

FNE 514 DIET AND DISEASE

39 hrs (13 x 3 units)

Course outcome:

- Describe the basic concepts and dietary approaches in obesity.
- Describe dietary management in diabetes and hypertension.
- Identify the risk complications in gastro intestinal health
- Write down etiology and path physiology of kidney and liver diseases
- Write down the main causes of cancer.

Unit I: Obesity- classification, causative factors (behavioral risk factors), overview of approaches to treatments and interventions. Diabetes- Etiology, symptoms, classification, Metabolism, early diagnosis, Short term and long term complications and management. Cardiovascular disease - etiology, incidence, symptoms, risk factors, congestive heart failure and Dietary management. Hypertension- types, symptoms and role of minerals in the diet

Unit II: Gastrointestinal diseases/disorders – Gastritis, Peptic ulcer and duodenal ulcers. Diagnostic, diarrhoea, constipation, diverticular disease and Irritable Bowel Disorder. Diseases of Liver, Gall bladder & Pancreas - Hepatitis, (A, B, and C), Cirrhosis, effect of alcohol on liver, Gall stones, pancreatitis-Causes, symptoms and dietary management.

Unit III: Renal disease - Nephrotic syndrome, Acute and Chronic renal failure principles of dietary management. Dialysis- types. Cancer – Types and dietary management

REFERENCES

- Rolfes and Whitney Understanding normal and clinical nutrition
- Katz, David L., Friedman, Rachel S.C., Nutrition in clinical practice: A comprehensive, evidence-based manual for the practitioner, 2ndEdition.
- Width Mary, Reinhard Tonia, Clinical Dietitian's Essential Pocket Guide, The Essential Pocket Guide, 1stEdition
- Robinson and Lawler, Normal and therapeutic nutrition
- Srilakshmi, Dietetics