

OPEN ELECTIVES

FNE 513: NUTRITION FOR HEALTH

39 Hr (13× 3 units)

Course outcome:

At the end of this course students will be able to-

- Describe the importance of macro and micro nutrients its importance in human body
- Understand the nutritional requirement and challenges of differ age groups through life cycle.
- Write down the role nutrition played during pregnancy and lactation.
- Describe the physiological changes which take place through lifecycle

Unit I: Functions, requirements, sources and deficiency of macro- and micro-nutrients

Unit II: Nutrition during early years: Physical growth and maturation. Monitoring of growth chart. Pediatric formula preparation. Nutrition and dietary guidelines during Infancy, Pre-school and School-going children. Childhood Obesity and eating disorders.

Unit III: Dietary guidelines and nutrition in adolescence. Women and nutrition: nutrition during pregnancy and lactation. Nutritional needs of the elderly. Nutrition for athletes.

REFERENCES

1. Ashworth A., et.al. 2008. Growth monitoring and promotion: review of impact. Maternal and child nutrition 4, pp. 86-117
2. World Health Organization Growth Standards: British Columbia Training Manual: June 2011
3. Growth monitoring and promotion: intervention or platform for action: UNICEF: 35th SCN Session WG Breastfeeding and Complementary Feeding: <http://www.unsystem.org/SCN/Publications/AnnualMeeting/SCN/35/wgbfcf/Nune%20MANGASARYAN.pdf>
4. Brown Judith E. Nutrition through the Lifecycle.
5. Rolfes Sharon D., Linda K. Debruyne and EN Whitney Life Span Nutrition:
6. Rolfes S.R. et.al., Understanding Normal and Clinical Nutrition, Thomson Wadsworth
7. Mahan L. Kathleen & Slyvia Escott-Stump, Krause's Food & Nutrition Therapy
8. Wardlaw Gordon M. Perspectives in Nutrition

FNE 514 DIET AND DISEASE

39 hrs (13 x 3 units)

Course outcome:

At the end of this course students will acquire knowledge about-

- Basic concepts and dietary approaches in obesity.
- Dietary management in diabetes and hypertension.
- Identifying the risk complications in gastro intestinal health
- Etiology and pathophysiology of kidney and liver diseases
- The main causes of cancer and its dietary management

Unit I: Obesity- classification, causative factors (behavioral risk factors), overview of approaches to treatments and interventions. Diabetes- Etiology, symptoms, classification, 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

1. Rolfes and Whiney Understanding normal and clinical nutrition
2. Katz, David L., Friedman, Rachel S.C., Nutrition in clinical practice: A comprehensive, evidence-based manual for the practitioner, 2nd Edition.
3. Width M, Reinhard T, Clinical Dietitian's Essential Pocket Guide, The Essential Pocket Guide, 1st Edition
4. Robinson and Lawler, Normal and therapeutic nutrition
5. Srilakshmi, Dietetics