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