



**Department of Biochemistry
St. Joseph's College
Tiruchirappalli- 620002**

Report on the Value Added Course : Diet Therapy

27 MAR 2021

The Department of Biochemistry offered a value added course entitled “Diet Therapy” Course Code:18PBIVAC01. The course was selected by 06 students of I PG Biotechnology. The classes for this course was started on 08 MAR 2021 with all the staff members attending the priming session. The class timing was fixed to be between 2:00 PM to 4:00PM. The lecture notes were given to the students for the self reference. The classes for this course ended on 23 MAR 2021 with the completion of 30 hours. A test procedure was conducted on 27 MAR 2021.

Head



DEPARTMENT OF BIOCHEMISTRY
SCHOOL OF BIOLOGICAL SCIENCES
St. JOSEPH'S COLLEGE (Autonomous)
Re-accredited with 'A' Grade (3rd Cycle) by NAAC
College with Potential for Excellence by UGC
TIRUCHIRAPPALLI - 620 002, INDIA



Invitation

VALUE ADDED COURSE ON

“DIET THERAPY”

Duration - 30 hrs

Time - 2.00 PM TO 4.00 PM

PROGRAM SCHEDULE: 8TH MARCH 2021 TO 25TH MARCH 2021

STUDENTS WILL LEARN
<ul style="list-style-type: none">Nutritional assessment of patients, dietary prescription and counseling follow up, patient education and diet.
<ul style="list-style-type: none">Obesity and leanness - Dietary treatment and other recommendations.
<ul style="list-style-type: none">Diets in fevers and infections - Types, metabolism in fevers, general dietary considerations, diet in influenza, typhoid fever.
<ul style="list-style-type: none">Diet in Cardio-vascular diseases
<ul style="list-style-type: none">Disorders of metabolism - Diabetes Mellitus

Organizing Committee

Prof. A. Benno Susai Vijayakumar

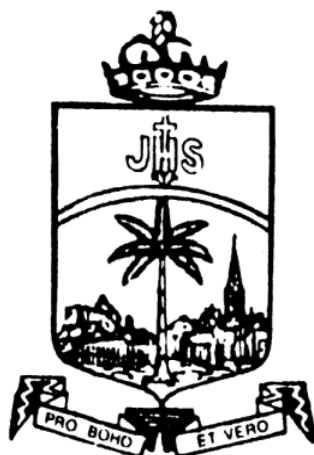
Prof. P. G. Geegi

Convener

Prof. T. Antony Diwakar Chandran

Course Fee: Rs. 200/-

DEPARTMENT OF BIOCHEMISTRY
SYLLABUS FOR VALUE ADDED COURSE –
DIET THERAPY: 2015-16



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DIET THERAPY

Course Description

This course enables the students to have a better understanding and maintain health through good diet practices.

Course objective

1. To be familiar with the dietary/behaviour modifications based on physiological changes occurring in disease conditions.
2. To acquire knowledge regarding effect of various diseases on nutritional status and nutrient requirement.
3. To understand the role of dietician.
4. To develop skill and techniques in the planning and preparation of therapeutic diets for various diseases and nutritional deficiencies.
5. To gain knowledge in diet counseling and educating patients.

Course Outline:

Unit – I

Nutritional assessment of patients, dietary prescription and counseling follow up, patient education and diet.

Unit – II

Obesity and leanness - Dietary treatment and other recommendations.

Unit – III

Diets in fevers and infections - Types, metabolism in fevers, general dietary considerations, diet in influenza, typhoid fever.

Unit – IV

Diet in Cardio-vascular diseases - Role of nutrition in cardiac efficiency. Atherosclerosis - incidence and dietary principles. Hyperlipidemia and hypertension - dietary treatment.

Unit – V

Disorders of metabolism - Diabetes Mellitus. - Incidence and predisposing factors.
- Symptoms, types and tests for detection. - Metabolism in diabetes - Dietary treatment and meal management.

Reference Books:

1. Srilakshmi B. Dietetics, 7th Edition, New Age International Publishers, New Delhi.
2. Antia, C.P. "Clinical Dietetics and Nutrition", 3rd Ed. 2000, Oxford University Press, New Delhi/ Bombay.
3. Passmore, R, Eastwood, M.A. "Human Nutrition and Dietetics", 8th Ed. 1986, ELBS Publishers.
4. Robinson, C.H. & Wzley, E.S. "Basic Nutrition & Diet Therapy", 6th Edition, 1989, Macmillan Pub. New York.
5. Anderson, L and others, "Nutrition in Health and Disease", 1982, 17th edition, J.B. Lippin Cott Co. Philadelphia.
6. Bhala, S.M.L., Bhati, N. Gopinath "Diet Manual for Heart Patients", CTC, AIMS, New Delhi, 1983.
7. Helen S. Guthrie, "Introducing Nutrition", 6th edition, St.Louis, Times Mirror/Mosby College, 1988.
