

**SARDAR PATEL UNIVERSITY**  
**B.Sc. (HOME SCIENCE)**  
**Semester-IV**  
**(Foods & Nutrition)**  
**Syllabus with Effect from: November/December-2012**

**Objective:**

To aware students with role of nutrition in management of different diseases.

<b>Paper Code:UH04EFDN03</b>	<b>Total Credit: 2</b>
<b>Title Of Paper: Therapeutic Diets</b>	

Unit	Description in detail	Weighting (%)
I	Purposes of Therapeutic Diets Regulate the amount of food Prevent or restrict edema Assist Body organs to regain and/or maintain normal function Aid in digestion Increase or decrease body weight	10%
II	<b>Types of Therapeutic diets</b> Clear Liquid Full Liquid Soft diet Bland diet Restricted and High residue diet Low carbohydrate and high Carbohydrate Low fat and High Fat diet Low Calorie and High calorie diet Low Sodium and High sodium diets Low Protein and High Protein Diet Low Calcium and high Calcium Diet	70%
III	<b>Diet in special conditions</b> Lactose Intolerance diet Gluten Free Diet	20%

**Basic Text & Reference Books**

- Joshi S.A. (1992) Nutrition and Dietitics Tata Mc Graw Hill Pub. New Delhi,
- Anderson, L,Dibble, M.U. Turkki,P.R.Mitchell, H.S. and Rynbergin, H.J.(1982) Nutrition In Health and Disease 17<sup>th</sup> ed,J.B.Lippincott & Co. Philadelphia.
- Antia, F.P.(1973) Clinical Dietitics and nutrition 2<sup>nd</sup> ed,Oxford University press New Delhi.
- Mahan, L.K.Arli, M.T.(1992) Krause Food nutrition and Diet Therapy 8<sup>th</sup> ed. W.B. Saunders Co. London.
- Robinson,C.H.Lawer, M.R.,Chenoweth,W.L.and Garwlic, A.E.(1986)normal and therapeutic nutrition 17<sup>th</sup> ed. Mac.Millsn Publishing Co
- Williams S.R.(1989)Nutrition and Diet therapy 6<sup>th</sup> ed. Tumes mirror/Mobsy College publishing St.Louis.
- Raheena Begum (1989) A Text book of Food Nutrition and Dietitics Sterling Publisher New Delhi.

