

**SARDAR PATEL UNIVERSITY**  
**B.Sc. (HOME SCIENCE)**  
**Semester-IV**  
**(Food Science & Quality Control-Vocational)**  
**Syllabus with Effect from: November/December-2012**

**Objective:**

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

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

**Basic Text & Reference Books**

- Joshi S.A. (1992) Nutrition and Dietetics 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 Dietetics 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 Dietetics Sterling Publisher New Delhi.

