



SARDAR PATEL UNIVERSITY
VallabhVidyanagar, Gujarat
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25)
Syllabus with effect from the Academic Year 2021-2022

P.G.Diploma in Dietetics
Semester-I

Course Code	PH1CPGDD55	Title of the Course	Practical based on PH01PGDD54 (Medical Nutrition Therapy-I)
Total Credits of the Course	04	Hours per Week	08

Course Objectives	<ul style="list-style-type: none">• Prescribe diets and counsel patients to provide appropriate therapeutic nutritional care and counseling• Develop standards of dietetic practice for each of the topics, focus on various diseases using a case study approach.• Planning and preparation of diets for patients with common multiple disorders and complications and discharge diet plans.
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Course Description		
Unit	Description	Weightage %
1.	Review of Hospitals diets Preparation of normal routine diets generally served in a hospital, Modifications in consistency and fiber, Different types of full fluid diet - liquid diets, clear fluid diet, Different types of semisolid / soft diets, bland diet — general mechanical and pureed, Low fibre diets, low residue diets, high fibre diets Diets for healthy living for males over 40 years & female over 60 years.	20%
2.	Energy Modifications Assessment of weight status and estimating energy requirements. Energy Modification, Low calorie preparations, use of artificial sweeteners in deserts and Beverages and adjuncts, Low Calorie Diets, Adult weight reduction. Planning, preparation of diets for weight reduction: 800 Kcal, 1000 KCal, 1200 Kcal, 1400 KCal, Underweight	20%
3	High calorie diets High calories protein diets for underweight fevers, Anaemias and convalescing patients Bland diets	25%



	High calories, high protein, fiber and residue restricted diets for peptic ulcer and ulcerative colitis etc. Hiatus hernia, gastritis, Irritable bowel, Achalasia etc. High calorie, High Protein, moderate and fat restricted diet in Liver disease and disease of pancreas and gallbladder, Low protein diets in hepatic encephalopathy Elimination diets for Allergy	
4.	Preparation of lists of foods rich in cholesterol, PUFA, MUFA, SAFA content of various foods & oils. Glycemic index of foods.	20%
5.	Planning, preparing diets for Liver disorders: - Diet for mild jaundice - Diet for moderate jaundice - Diet for severe jaundice - Diet for cirrhosis of liver with ascites - Diet for alcoholic liver diseases.	20%

Teacher Learning Methodology	Classroom lectures (Blackboard), demonstration and than actual performance by students, discussion of results.
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage %
1.	Internal Written / Practical examination	15%
2.	Internal Continuous Assessment in the form of Practical, Viva voce, Attendance	15%
3.	University Examination	70%

Note: Students will have to score a minimum of 40 % to pass the course.

Course Outcomes	
1.	Understand and use medical terminology
2.	Develop appropriate disease specific diets.
3.	Identify the appropriate medical nutrition therapy for specific disease states and provide the appropriate intervention, including calculating and defining diets.

Suggested References:	
Sr. No.	References
1.	Thangum Philip – (1994) Modern Cookery for Teaching and Trade (Volume 1 & II), Bombay Orient Langman's.



2.	Shankuntala Mane – (1987) – Food Facts and Principles , Bombay, Willey Eastern Ltd.,
3.	Angela Kay (1978) – Shining Cook Book, London Octopus Books Ltd.
4.	B. B. Weste& L. Wood – (4th Ed.) – Food Service in Institutions - New York, John Willey & Sons,
5.	MohiniSethi&SurjeeetMathan – (1993) – Catering Management & Integrated Approach, Bombay, Willey Eastern. Ltd.

