

## DIET AND DISEASE

39 hrs (13 x 3 units)

### Course outcome:

*At the end of this course students will acquire knowledge about-*

- CO 1. Basic concepts and dietary approaches in obesity.
- CO 2. Dietary management in diabetes and hypertension.
- CO 3. Identifying the risk complications in gastro intestinal health
- CO 4. Etiology and pathophysiology of kidney and liver diseases
- CO 5. 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

- Rolfes and Whiney. 2009. Understanding normal and clinical nutrition
- Katz, David L., Friedman, Rachel S.C., 2014. Nutrition in clinical practice: A comprehensive, evidence-based manual for the practitioner, 2<sup>nd</sup> Edition.
- Width M, Reinhard T, 2008. Clinical Dietitian's Essential Pocket Guide, The Essential Pocket Guide, 1<sup>st</sup> Edition
- Robinson and Lawler, 1990. Normal and therapeutic nutrition, Pearson
- Srilakshmi, B. 2003. Dietetics. New Age International Publisher