

J. N MEDICAL COLLEGE

CONSTITUENT UNIT OF

KLE ACADEMY OF HIGHER EDUCATION & RESEARCH

Accredited "A" Grade by NAAC (2nd cycle)

Placed in Category "A" by MHRD (Gol)

DEPARTMENT OF PUBLIC HEALTH

Value Added Course



SKILLS IN DIET MANAGEMENT

Aim of this course is to improve the understanding of Fundamentals of Nutrition and acquire skills in planning diets for different age groups and common health conditions.

ELIGIBILITY

UG & PG- Allied Programs, Medical Students & Dental Students, Ayurveda, Pharmacy, Nursing, Physiotherapy and PhD Scholars.



TAKEAWAY FROM THIS COURSE

1. To understand the basics of Nutrition and its application at personal level.
2. To plan diets according to the individual's requirement in health and disease conditions at personal level.

DURATION: 6 Weeks (3 hours a week)


PROPOSED INTAKE – 25

MEDIUM OF INSTRUCTION: English

COURSE CONTENT

Introduction to Nutrition

Macronutrients & Micronutrients- Definition, types, sources and significance in health & disease.

- Basics of Dietetics
 - Dietary Guidelines
 - Food Groups & Food Composition Tables
 - Meal Planning and Food Exchange
 - Lifecycle Nutrition
 - Nutritional & Dietary Considerations across lifespan- Pregnancy and fetal development, Lactation, Childhood years, adults and Old age.
 - Role of Diet and Exercise in management of NCD – Diabetes, CVD, Hypertension, Stroke and Cancer.
 - Trends in Nutrition & Healthy Practices
 - Functional foods & Nutraceuticals, Probiotics & Prebiotics, Nutrigenomics
 - Basic Cooking Techniques and ways to prevent nutrient losses, Basics on Storage, Food Safety.
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