

Community Nutrition and Dietetics 3(2-1)

Theory

Community nutrition: foundation, status of Pakistani masses. Community nutrition programs: key features, benefits, planning, implementation, evaluation. Factors affecting: social, environmental. Nutritional status assessment: anthropometric measurements, dietary, biochemical, clinical. Nutritional requirements and recommendations: pre-school children, school children, adolescence, adults, pregnant and lactating women, geriatrics. Community nutrition and dietetics profession. Dietetics: introduction, food composition tables, nutritional databases. Balanced diet: importance in disease prevention, immunonutrition, dietary counseling. Diet therapy: functional foods, glycemic index. Therapeutic diets: routine hospital diets, pre- and post-operative diets, special feeding methods. Diet designing: nutritional requirements, ideal calorie distribution, nutrient density, exchange diets, eating disorders. Diet for specific ailments: obesity, overweight, cardiovascular diseases, diabetes, stomach and liver diseases.

Practical

Dietary reference intakes. Interpretation of food guide pyramids. Nutritional requirements and basal metabolism. Food intake assessment. Major nutrients estimation in different diets. Diet planning for healthy and diseased people. Planning of exchange diets. Diet for school children, geriatric and healthcare centers.

Books Recommended

1. Singh J. 2008. Handbook of nutrition and dietetics. Lotus Press, Darya Ganj, New Delhi, India.
2. Boyle, M.A. 2008. Community nutrition in action: an entrepreneurial approach. Thomson Learning Wadsworth, New York, USA.
3. Mann, J. and Truswell, A.T. 2007. Essentials of human nutrition, 3rd ed. Oxford University Press, Oxford, England.
4. Whitney, E. and Rolfes, S.R. 2005. Understanding nutrition. Thomson Learning Inc., Belmont, U.S.A.
5. Sardesai, V.M. 2003. Introduction to clinical nutrition. Marcel Dekker, New York, USA.
6. Thomas, B. 2001. Manual of dietetic practice. Blackwell Pub. Co., Oxford, England.

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