

## SEMESTER II

### BASICS DIETITICS

#### UNIT I

##### **Meal Planning**

Definition, Objectives, Principles of planning menus, factors affecting meal planning

Definition of Food Habits, Factors affecting Food habits (Cultural, Social, Psychological and economical)

Use of Food Composition Table and exchange list

#### UNIT II

##### **Recommended Dietary allowances**

Definition and Importance, RDA for Indians according to age, activity and sex

Nutrition and Food requirement of

- Infants
- Schoolgoing
- Preschoolers
- Adolescents
- Adults
- Expectant Mothers
- Lactating Mothers
- Old aged

#### UNIT III

Principles of Diet and Diet Therapy

Basic concepts of Diet Therapy

Adaptation of Normal Diet for changing needs

UG as Subject

16-3  
Dr. Nighat Beg.

of a Diet Counselor  
e Hospital Diets  
ir Diets  
Diets  
1 Feeding Methods  
1 Post Operative Diets

#### IV

Therapeutic Diets for common ailments

- Fever(Typhoid, influenza, Tuberculosis )
- Diarrhea, Dysentery
- Constipation
- Hypertension
- Jaundice

#### INDICATIONS

Indication of Diet for

Infancy(weaning foods )  
Preschoolers(Packed lunch)\  
School going children  
Adolescents (Boys and Girls)  
Adults  
Old age  
Pregnant ladies  
Lactating women

Modified Diets

Soft Diet  
Liquid  
Norm  
Regular  
Bland Diet

Indication of Therapeutic diets for

- Fever
- Diarrhoea
- Constipation
- Jaundice
- Hypertension

#### References

Blaxter, M.V and Mahan L.K (1986) : Food Nutrition and Diet Therapy , Alan R.Lies,  
Lippincott Co London

Widdowson R and Davidson , S(1986) : Human Nutrition and Dietetics , Living stone Publishers

Johnson C. H laer M.R Chenoweth , W.L Garwick, A.E (1986) Normal and Therapeutic Nutrition  
Williams publishing company, Newyork