

Course name - "Nutrition in Clinical Management"

Module 1: Fundamentals of Nutrition and Health

1. Introduction to Nutrition and Health

- Importance of nutrition in health promotion and disease prevention.
- Basic principles of a balanced diet and its impact on overall well-being.

2. Nutrients in Foods

- Understanding macronutrients (carbohydrates, proteins, fats) and micronutrients (minerals, vitamins).
- Sources, functions, and recommended intake levels of each nutrient group.

3. Hydration and Water

- Significance of water in the body and maintaining proper hydration.
- Sources of water intake and daily water requirements.

4. Metabolic Processes

- Basal Metabolic Rate (BMR) and its role in energy expenditure.
- Achieving energy balance through dietary intake and physical activity.

5. Food Groups and Dietary Patterns

- Categorization of foods into groups based on nutritional characteristics.
- Importance of diverse dietary patterns for optimal health.

6. Caloric Needs and Meal Planning

- Determining individual calorie requirements based on factors like age, gender, and activity level.
- Strategies for effective meal planning to meet nutritional needs.

7. Food Exchange List and Meal Preparation

- Introduction to food exchange lists for meal planning flexibility.
- Cooking methods to preserve nutritional quality and enhance flavor.

8. Food Safety and Quality

- Identifying food adulteration and ensuring food safety practices.
- Methods to improve nutritional quality and freshness of foods.

Module 2: Clinical Nutrition Management

1. Therapeutic Diet Modifications

- Tailoring diets to meet specific needs of individuals with health conditions.
- Adjusting nutrient intake to manage symptoms and support recovery.

2. Gastrointestinal Disorders

- Nutritional management of common GI disorders (e.g., gastritis, hernia, diarrhea, constipation).
- Dietary interventions to alleviate symptoms and promote digestive health.

3. Dysphasia and Swallowing Disorders

- Nutritional strategies for individuals with swallowing difficulties.
- Ensuring adequate nutrition and hydration while addressing swallowing challenges.

4. Metabolic Disorders

- Dietary considerations for managing metabolic conditions like diabetes, hypothyroidism, and hyperthyroidism.
- Balancing nutrient intake to regulate metabolic processes and support overall health.

5. Cardiovascular and Heart Health

- Dietary interventions for managing hypertension, atherosclerosis, and myocardial infarction.
- Promoting heart-healthy eating habits and reducing risk factors for cardiovascular disease.

6. Mental Health and Nutrition

- Nutritional support for mental health conditions such as autism, depression, and ADHD.
- Identifying dietary factors that may influence mood and cognitive function.

7. Kidney Disorders and Renal Health

- Nutritional management of kidney diseases (e.g., glomerulonephritis, dialysis, kidney transplant).
- Adjusting nutrient intake to support kidney function and prevent complications.

8. Food Allergies & Intolerances

- Recognizing and managing food allergies and intolerances.
- Designing allergen-free or restricted diets while ensuring nutritional adequacy.

9. Inflammatory Diseases and Immune Support

- Nutritional approaches for managing inflammatory conditions (e.g., rheumatoid arthritis, asthma, burns).
- Foods and nutrients that may help modulate inflammation and support immune function.



ONLINE CERTIFICATION IN NUTRITION

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