

## DIETETICS

MODULE	CONTENT	YEAR	TERM	CREDITS	TYPE
	Dietetics	3	second	6	obligatory
LECTURER(S)			Postal address, telephone nº, e-mail address		
<ul style="list-style-type: none"> <li>• Belén García-Villanova Ruiz</li> <li>• María Dolores Ruiz López</li> <li>• Reyes Artacho Martín-Lagos</li> </ul>			Dpto. Nutrición y Bromatología, 3ª planta. Facultad de Farmacia. 18071		
DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT					
Human Nutrition and Dietetics					
PREREQUISITES and/or RECOMMENDATIONS (if necessary)					
Having studied the subjects: General Chemistry I; Chemistry General II; Biochemistry I; Biochemistry II; Cell and human physiology I; Cell and human physiology II; Food science fundamental; Expansion of food science; Nutrition I and II. Principles of Dietetic					
BRIEF ACCOUNT OF THE SUBJECT PROGRAMME (ACCORDING TO THE DEGREE VERIFICATION )					
Diets at different stages of life: pregnancy, breast-feeding, preschool, school, adolescence, adult and elderly. Mediterranean diet. Vegetarian diets. Diets for weight control					
GENERAL AND PARTICULAR ABILITIES					
<p><u>General abilities</u></p> <ul style="list-style-type: none"> <li>- Those students can apply their knowledge to their work or vocation professionally.</li> <li>- Ability to gather and interpret relevant data to make judgments</li> <li>- Potential to communicate information, ideas, problems and solutions to a specialized and unskilled audience.</li> <li>- Troubleshooting</li> <li>- Ability to apply theoretical knowledge to practice</li> <li>- Motivation for quality</li> <li>- Ability to organize and plan</li> <li>- Ability to manage information</li> </ul>					



### Particular abilities

- Assess the relationship between food and nutrition in healthy subjects
- Participate in the design of studies of total diet
- Manage the basic tools in ICTs used in the field of food, Nutrition and Dietetic
- Knowledge of the legal and ethical limits of dietary practice
- Be able to explain the scientific principles underpinning the intervention of the dietitian-nutritionist, subordinating his performance to the scientific evidence

### OBJECTIVES (EXPRESSED IN TERMS OF EXPECTED RESULTS OF THE TEACHING PROGRAMME)

Design and evaluate diets and menus according to the physiological situation, recommended intakes and dietary guidelines.

### DETAILED SUBJECT SYLLABUS

1. Feeding during pregnancy. Distribution of the diet. Culinary aspects. Guidelines for the preparation of menus. Food advised and inappropriate. Weight control.
2. Feeding from the mother during breastfeeding. Distribution of the diet. Culinary aspects. Guidelines for the preparation of menus. Food advised and inappropriate.
3. The infant feeding. Breastfeeding: Advantages and disadvantages. Artificial feeding
4. The supplementary feeding of the infant. Baby food.
5. Feeding the preschool child. Distribution of the diet. Eating habits. Importance of breakfast.
6. Feeding the school child. Distribution of the diet. Dietary habits and recommendations. School canteen. Importance of breakfast. Fast food. Snacks. Attitude to food.
7. Feeding the teens. Distribution of the diet. Dietary habits. Importance of breakfast. Fast food. Snacks. Attitude to food.
8. Feeding the older people. Distribution of the diet. Culinary aspects. Diet of institutionalized elderly people.
9. Food allergies. Concept of food allergy. Animal, plant and additives allergy food. Dietary treatment of allergies.
10. Mediterranean diet
11. Vegetarian diets
12. Low calorie and high calorie diets
13. Diets for weight loss

### READING

- BELLIDO GUERRERO D, DE LUÍS ROMÁN DA (2006). Manual de nutrición y metabolismo. Ed. Díaz de Santos, Madrid.
- CERVERA, (2004). Alimentación y dietoterapia (Nutrición aplicada en la salud y la enfermedad) 4ª Ed. Interamericana McGraw-Hill.
- CESNID (2008). Tablas de composición de alimentos por medidas caseras de consumo habitual en España. Ed McGraw-Hill, Madrid.
- GIL, A. (2010). Tratado de nutrición (Tomos II y III). Ed. Panamericana. Madrid.
- González Gallego J, Sánchez Collado P, Mataix Verdu J. (2011). Nutrición en el deporte: ayudas ergogénicas y dopaje (2011) Díaz de Santos: Fundación Universitaria Iberoamericana. Madrid
- MAHAN L K. Y ARLIN M. (2009). Nutrición y dietética de Krauser. 12ª ed. Elsevier Masson. Barcelona.
- MARTINEZ FERNANDEZ J, MIGUEL VALOR N, PEROTE ALEJANDRE, A (Coordinadores) (2011). Alergias



- alimentarias ¿Y AHORA QUE? 2ª ed. International Marketing & Communication S.A.
- MARTINEZ HERNÁNDEZ A, PORTILLO BAQUEDANO M DEL P (2011). Fundamentos teórico-prácticos de nutrición y dietética. Ed. Panamericana. Madrid
  - MELVIN H. W (2005). Nutrición para la salud, la condición física y el deporte. McGraw-Hill. México
  - MUÑOZ M. ARANCETA J. GARCÍA-JALON I. (2004) Nutrición y dietoterapia. Ed. EUNSA. Ediciones Universidad de Navarra.
  - RIBERO M (2003). Nuevo manual de dietética y nutrición. Ed. V. Madrid.
  - SALAS-SALVADO J, BONADA A, TRALLERO R, SALÓ ME, BURGOS R (2008). Nutrición y dietética clínica. 2ª ed. Ed. Masson. Barcelona.
  - SENC (2001). Guías alimentarias para la población española. IM y C, S.A. Madrid.
  - VAZQUEZ C, DE COS AI, LOPEZ NOMDEDEU C (2005). Alimentación y nutrición. Manual teórico-práctico, 2ª ed. Díaz de Santos, Madrid.
  - ZUVELDIA JM, BAEZA ML, JAUREGUI I, SENNET C (Coordinadores)(2012). Libro de las enfermedades alérgicas de la Fundación BBVA. Ed. Nerea S.A.

#### RECOMMENDED INTERNET LINKS

- <http://www.nutricioncomunitaria.org/> (Sociedad española de Nutrición Comunitaria)
- <http://www.senba.es/> (Sociedad de Nutrición Básica y adaptada)
- <http://www.sennutricion.org/> (Sociedad Española de Nutrición )
- <http://www.seedo.es/> (Sociedad Española para estudiar la Obesidad )
- <http://www.aesan.es> (Agencia Española de Seguridad Alimentaria y Nutrición )
- <http://portalfarma.com> (Consejo General de Colegios Oficiales de Farmacéuticos)
- <http://fen.org.es> (Fundación Española de Nutrición)

