

## DIETETICS and DIETHERAPY

MODULE	CONTENT	YEAR	TERM	CREDITS	TYPE
Pharmacy	DIETETICS and DIETHERAPY	5º	1º	6.0	Optional
<b>LECTURER(S)</b>			<b>Postal address, telephone nº, e-mail address</b>		
<ul style="list-style-type: none"> <li>Rafael Giménez Martínez</li> <li>Manuel Olalla Herrera</li> </ul>			Department of Nutrition and Food Science, 3rd floor, School of Pharmacy. email: <a href="mailto:olalla@ugr.es">olalla@ugr.es</a> ; <a href="mailto:rafaelg@ugr.es">rafaelg@ugr.es</a>		
<b>DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT</b>					
Degree in Pharmacy			<a href="http://www.ugr.es/~nutricion/pdf/tutorias1819.pdf">http://www.ugr.es/~nutricion/pdf/tutorias1819.pdf</a>		
<b>PREREQUISITES and/or RECOMMENDATIONS (if necessary)</b>					
- Knowledge in Biochemistry, Physiology, Physiopathology, Nutrition and Bromatology					
<b>BRIEF ACCOUNT OF THE SUBJECT PROGRAMME</b>					
- Study of ingredients, food products and diets in the prevention and treatment of diseases. - Advice and dietary advice for the prevention and treatment of diseases					
<b>GENERAL AND PARTICULAR ABILITIES</b>					
<ul style="list-style-type: none"> <li>CG5: Provide therapeutic advice in pharmacotherapy and diet therapy, as well as in the nutritional and food field in the establishments in which they provide services.</li> <li>CG9: Intervene in health promotion activities, disease prevention, at the individual, family and community level; with an integral and multiprofessional vision of the health-disease process.</li> <li>CG12: Develop hygienic-sanitary analysis, especially those related to food and the environment.</li> <li>CG13: Develop communication and information skills, both oral and written, to deal with patients and users of the center where they perform their professional activity. Promote the capacities of work and collaboration in multidisciplinary teams and those related to other health professionals.</li> <li>CG15: Recognize one's limitations and the need to maintain and update professional competence, paying special attention to the self-learning of new knowledge based on the available scientific evidence.</li> <li>CB1: That students have demonstrated to possess and understand knowledge in a study area that starts from</li> </ul>					



the base of general secondary education, and is usually found at a level that, although supported by advanced textbooks, also includes some aspects that imply knowledge coming from the vanguard of its field of study.

- CB2: That students know how to apply their knowledge to their work or vocation in a professional manner and possess the skills that are usually demonstrated through the elaboration and defense of arguments and the resolution of problems within their area of study.
- CB3: That students have the ability to gather and interpret relevant data on relevant topics of a social, scientific or ethical nature.
- CB4: That students can transmit information, ideas, problems and solutions to a specialized and non-specialized public.
- CB5: That the students have developed the necessary learning skills to undertake further studies with a high degree of autonomy.

**SPECIFIC**

- CT2: Ability to use TICs with ease
- CE42: Acquire the necessary skills to be able to provide therapeutic advice in pharmacotherapy and diet therapy, as well as nutritional and nutritional advice to the users of the establishments in which they provide services.
- CE43: Understand the relationship between food and health, and the importance of diet in the treatment and prevention of diseases.
- CE47: Know and understand the structure and function of the human body, as well as the general mechanisms of the disease, molecular, structural and functional alterations, syndromic expression and therapeutic tools to restore health.
- CE51: Know the basics of public health and intervene in health promotion activities, prevention of disease in the individual and collective areas and contribute to health education, recognizing the determinants of health in the population, both genetic as the dependents of sex and lifestyle, demographic, environmental, social, economic, psychological and cultural.
- CE56: Know the principles and scientific methodology applied to the pharmaceutical sciences, including the history and social function of the Pharmacy.
- CE58: Know the techniques of oral and written communication acquiring skills that allow users to inform pharmacists in terms intelligible and appropriate to the various cultural levels and social environments.

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

At the end of the subject, it is expected that the student will be able to:

- Know what is the role of nutrition in the prevention, development and treatment of diseases.
- Differentiate perfectly the ingredients and food products with relevant function in the reduction of the risk of disease.

**DETAILED SUBJECT SYLLABUS**

**A. THEORETICAL AGENDA:**

**I. DIETETICS**

Item 1- Introduction: Basic concepts. Diet-health relationship. Nutritional strategies Nutritional education.  
 Item 2- Assessment of nutritional status: Objectives and applications. Anthropometric parameters and body composition. Dietary assessment: Estimation of food consumption. Food surveys. Tables and food databases. Biochemical indicators of nutritional status.  
 Item 3- Nutritional objectives. Dietary guides Nutritional recommendations  
 Topic 4- Food information: Labeling. Functional Foods. Dietary product. Nutritional and functional declarations of



food. Allergies and food intolerances.  
 Item 5. Dietetics: design and planning of diets.  
 Item 6- Feeding the infant. Breastfeeding and artificial  
 Item 7- Feeding in young children, schoolchildren and adolescents.  
 Item 8- Pregnancy, lactation and menopause.  
 Item 9- Healthy diet in the elderly.  
 II. DIETHERAPY  
 Item 10 - Dietetics in the intestinal symptomatology.  
 Item 11- Dietary recommendations in cardiovascular diseases.  
 Item 12- Diets for weight control.  
 Item 13- Dietetics in renal pathology.  
 Item 14- Dietary treatment in gout and hyperuricemia.  
 Item 15- Dietary guidelines in diabetes.  
 Item 16- Feeding and cancer.

**PRACTICAL SUBJECT:**

- 1- Evaluation of nutritional status: Anthropometry. Interpretation of results.
- 2- Management of computer program for preparation of diets and patient management
- 3- Development of diets for individuals according to their needs and physiological situations.
- 4- Elaboration of diets in patients with various pathologies.
- 5- Research of the best-selling dietary and nutritional supplements products in the pharmacy office and carry out a critical analysis of the benefits and damages that may result from their consumption.

**READING**

**KEY REFERENCES**

- 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.
- DUPIN H, CUQ J-L. MALEWIAK M, LEYNAUD-ROUAUD C, et BERTHIER (1997). La alimentación humana. Ed. Bellaterra Barcelona.
- 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 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
- MINISTERIO DE SANIDAD Y CONSUMO (1995). Tablas de composición de alimentos españoles. Ed. Ministerio de Sanidad y Consumo. Secretaría General Técnica. Centro de Publicaciones, Madrid.
- MUÑOZ M. ARANCETA J. GARCÍA JALON I. (2004) Nutrición y dietoterapia. Ed. EUNSA. Ediciones Universidad de Navarra.

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 En calidad de: Secretario/a de Departamento



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**INFORMACIÓN SOBRE TITULACIONES DE LA UGR**  
[grados.ugr.es](http://grados.ugr.es)



- 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

#### RECOMMENDED INTERNET LINKS

- <http://www.nutricioncomunitaria.org/>
- <http://www.senba.es/>
- <http://www.sennutricion.org/>
- <http://www.seedo.es/>
- <http://www.aecosan.msssi.gob.es/>
- <http://portalfarma.com>
- <http://fen.org.es> (Fundación Española de Nutrición)

