

MODULE	CONTENT	YEAR	TERM	CREDITS	TYPE
Nutrition and Health Sciences	Principles of Dietetics	3º	1º	6	Core subject
LECTURER(S)			Postal address, e-mail address		
<ul style="list-style-type: none"> ▪ María Dolores Ruiz López ▪ Belén García-Villanova Ruiz 			Dpto. Nutrición y Bromatología, 3ª planta. Despacho nº 313. Facultad de Farmacia. 18071 e-mail: mdruiz@ugr.es and belenv@ugr.es		
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.					
BRIEF ACCOUNT OF THE SUBJECT PROGRAMME (ACCORDING TO THE DEGREE)					
Concept of diet. Food Composition Tables, Nutrition Database and Food labeling. Nutritional Objects. Food Guide and planning healthy diet. Computerized Dietary Assessment. Assessment of the nutritional value of foods and menus. Functional ingredients and foods. Diet and prevention of chronic diseases					
GENERAL AND PARTICULAR ABILITIES					
<ul style="list-style-type: none"> • CG1 - Recognize the essential elements dietitian profession, including ethical, legal responsibilities and the exercise of the profession, applying the principle of social justice to professional practice and develop it with respect for people, their habits, beliefs and culture. • CG2 - Develop the profession with respect to other health professional, and acquire good team-working skills • CG3 Recognize the essential elements Dietitian profession, including ethical and legal responsibilities in the exercise of profession applying the principle of social justice to professional practice and develop it with respect for people, their habits, beliefs and culture • CG4 - Know the limits of the profession and skills, identifying when necessary interdisciplinary treatment or referral to another professional 					

Firma (1): MIGUEL MARISCAL ARCAS
 En calidad de: Secretario/a de Departamento



UNIVERSIDAD DE GRANADA

INFORMACIÓN SOBRE TITULACIONES DE LA UGR
grados.ugr.es

Página 1



Este documento firmado digitalmente puede verificarse en <https://sede.ugr.es/verifirma/>
 Código seguro de verificación (CSV): 6800BC8D4495416FA0291A34DF930CE9

08/07/2020
 Pág. 1 de 3

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

Knowledge of required criteria for healthy diet planning. Recommended intakes and dietary guidelines. Usefulness and application of dietary tools. Valuation criteria of nutritional value of food, menus and diets.

DETAILED SUBJECT SYLLABUS

Theoretical subject:

Lesson 1. Introduction. Concept of dietary. Objects. Dietary profile.
Lesson 2. Food composition tables. Usefulness and application.
Lesson 3. Nutritional Database. Analysis, uses and limitations. Instructions for use. Applications.
Lesson 4. Food labelling. Food information to consumers
Lesson 5. Nutrition and Health claims
Lesson 6. Healthy Food Guides.
Lesson 7. Assessment of the nutritional value of foods and menus
Lesson 8. Balanced diet and healthy
Lesson 9. Food guide and planning healthy diet
Lesson 10. Functional ingredients and food
Lesson 11. Improve of food manufactory composition

Practical subject:

1. Dietetics lab
2. Management of food composition tables and Computer software to valuation of diets
3. Planning of diets
4. Assessment of diets

READING

General

- **CESNID**. Tablas de composición de alimentos por medidas caseras de consumo habitual en España. Ed McGraw-Hill, 2008, Madrid.
- **Gil A**. Tratado de Nutrición (5 tomos). Ed. Panamericana. 2017, Madrid.
- **Mahan LK, Raymond JL**. Krause. Dietoterapia, 14ª Ed. Elsevier España. SLU. 2017, Barcelona.
- **Martínez Hernández A, Portillo Baquedano M P**. Fundamentos teórico-prácticos de Nutrición y Dietética. Ed. Panamericana. 2011, Madrid
- **Mataix J**. Nutrición y Alimentación Humana (2 tomos). Ed. Ergon, 2009, Madrid.



- **Olveira Fuster, G.** Manual de Nutrición Clínica y Dietética. Ed Dias de Santos. 2016. Madrid
- **Salas-Salvado, J.** Nutrición y Dietética Clínica. Ed. Elsevier Masson. 2014, Barcelona.

RECOMMENDED INTERNET LINKS

<http://www.nutricioncomunitaria.org/> (Sociedad española de Nutrición Comunitaria)
<http://www.sennutricion.org/> (Sociedad Española de Nutrición)
<http://www.seedo.es/> (Sociedad Española para estudiar la Obesidad)
<http://www.aecosan.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)

