

GUIA

objectives:

Nutrition is concerned with the study of processes of intake, processing and utilization of food by the body to carry out the functions of homeostasis, growth and reproduction. For that, Nutrition uses food components that cover vital needs, those called nutrients (proteins, carbohydrates, lipids, minerals, vitamins and water).

It is intended that students know:

Nutrient utilization, metabolism, consumption, recommendations and health importance of nutrients (proteins, carbohydrates, lipids, minerals, vitamins and water).

Integration of the metabolism of carbohydrates, fats and proteins in the whole organism

Relationship between nutrition and growth. Body Composition. Energy Balance: Weight and body composition. Anthropometric measures. Biochemical indicators of dietary intake. Recommended dietary rations.

Evaluation of the nutritional status of an individual and the community. Application Techniques in Nutrition: feeding trials and population studies.

THEORETICAL THEMES:

1. Nutrition. Objectives. Current status and prospects. Concept of food and nutrient. Spanish food law. Role of the Graduates in Nutrition and Dietetics in Professional Nutrition.

2. Energy requirements of the human organism. Basal metabolism. Factors determinants of energy expenditure. Nutrients as a source of energy.

3. Nutritional recommendations. Dietary Reference Intakes. dietary allowances recommended.

4. Mechanisms for the nutrition of the human organism. Food and destination of the nutrients.

5. Organs and tissues involved in nutrition.

6. Carbohydrates. Classification, Functions. Utilization. Food Sources. Dietary recommendations.

7. Fibre. Classification. Functions. Food Sources. Dietary recommendations.

8. Lipid Classification, Functions. Utilization. Essential fatty acids. Food Sources. Dietary recommendations.

9. Protein Classification. Functions. Utilization. Food Sources. Dietary recommendations.

10. Classification water-soluble vitamins. Functions. Utilization. Food Sources. Dietary recommendations.

11. Vitamins. Soluble Classification. Functions. Utilization. Food Sources. Dietary recommendations.

12. Minerals. Classification. Macro and micro minerals. Functions. Utilization. Food sources. Dietary recommendations.

13. Water. Body fluids and electrolyte balance. Nutritional importance of water. Needs and Sources.

Practice

1 - BMI calculation

2 - Calculation of Energy Expenditure.

3 - Use of food composition tables. Dishes preparation.

4 - Case Studies. Development and Discussion.