### PRINCIPLES OF DIETETICS

<table>
<thead>
<tr>
<th>MODULE</th>
<th>CONTENT</th>
<th>YEAR</th>
<th>TERM</th>
<th>CREDITS</th>
<th>TYPE</th>
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<tbody>
<tr>
<td>Nutrition and Health Sciences</td>
<td>Principles of Dietetics</td>
<td>3º</td>
<td>1º</td>
<td>6</td>
<td>Core subject</td>
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#### LECTURER(S)

<table>
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<tr>
<th>Lecturer(s)</th>
<th>Department, telephone n°, e-mail address</th>
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Belén García-Villanova Ruiz: 34 958 243866  
beleny@ugr.es |

#### DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT

Human Nutrition and Dietetics Degree

#### 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

La integridad de este documento se puede verificar en la dirección [https://sede.ugr.es/verifirma/pfinicio.jsp](https://sede.ugr.es/verifirma/pfinicio.jsp) introduciendo el código de verificación que aparece debajo del código de barras.
General abilities
- 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.
- Develop the profession with respect to other health professional, and acquire good team-working skills 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
- Know the limits of the profession and skills, identifying when necessary interdisciplinary treatment or referral to another professional

Particular abilities
- Ability to gather, manage and interpret nutritional database
- Identify the healthy diet (adequate, balanced, varied and adapted)
- Ability to organize and designing a dietary plan
- Management of information and communication technologies in the area of food, nutrition and diet
- Know the ethical and legal responsibilities in the professional application
- Base the dietary intervention in scientific knowledge

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:
Tema 2. Food composition tables. Usefulness and application.
Tema 4. Food labeling. Food information to consumers
Tema 5. Nutrition and Health claims
Tema 6. Healthy Food Guides.
Tema 7. Assessment of the nutritional value of foods and menus
Tema 8. Balanced diet and healthy
Tema 9. Food guide and planning healthy diet
Tema 10. Functional ingredients and food
Tema 11. Diet and prevention of chronic diseases

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
- CESNID (2008). Tablas de composición de alimentos por medidas caseras de consumo habitual en España. Ed
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<tr>
<th>RECOMMENDED INTERNET LINKS</th>
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<tr>
<td>• <a href="http://www.nutricioncomunitaria.org/">http://www.nutricioncomunitaria.org/</a> (Sociedad española de Nutrición Comunitaria)</td>
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<td>• <a href="http://www.senba.es/">http://www.senba.es/</a> (Sociedad de Nutrición Básica y adaptada)</td>
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<td>• <a href="http://www.sennutricion.org/">http://www.sennutricion.org/</a> (Sociedad Española de Nutrición)</td>
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<td>• <a href="http://www.aecosan.es">http://www.aecosan.es</a> (Agencia Española de Seguridad Alimentaria y Nutrición)</td>
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<td>• <a href="http://portalfarma.com">http://portalfarma.com</a> (Consejo General de Colegios Oficiales de Farmacéuticos)</td>
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<td>• <a href="http://fen.org.es">http://fen.org.es</a> (Fundación Española de Nutrición)</td>
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