

| 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 | | | | | |



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.



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- **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)



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