

SUBJECT GUIDE

PRINCIPLES OF DIETETICS

MODULE	CONTENT	YEAR	TERM	CREDITS	TYPE
Nutrition and Health Sciences	Principles of Dietetics	3º	1º	6	Core subject
LECTURER(S)			Postal address, telephone nº, e-mail address		
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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					



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 design 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 1. Introduction. Concept of dietary. Objects. Dietary profile.
Tema 2. Food composition tables. Usefulness and application.
Tema 3. Nutritional Database. Analysis, uses and limitations. Instructions for use. Applications.
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

- **Bellido Guerrero D, De Luis Román Da** (2006). Manual de nutrición y metabolismo. Ed. Díaz de Santos, Madrid.
- **Cervera P**, (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.
- **Mahan L K y Arlin M.** (2009) Nutrición y Dietética de Krauser. 12ª ed. Elsevier Masson. Barcelona.
- **Martinez Hernández A, Portillo Baquedano M P** (2011). Fundamentos teórico-prácticos de Nutrición y Dietética. Ed. Panamericana. Madrid
- **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.
- **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** (2004). Guías alimentación saludable para la población española. IM &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/> (Sociedad española de Nutrición Comunitaria)
- <http://www.senba.es/> (Sociedad de Nutrición Básica y adaptada)
- <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)

