

## 29215 - Diet Therapy

### Syllabus Information

**Academic Year:** 2022/23

**Subject:** 29215 - Diet Therapy

**Faculty / School:** 229 - Facultad de Ciencias de la Salud y del Deporte

**Degree:** 441 - Degree in Human Nutrition and Dietetics

**ECTS:** 9.0

**Year:** 3

**Semester:** Annual

**Subject Type:** Compulsory

**Module:**

### 1. General information

### 2. Learning goals

### 3. Assessment (1st and 2nd call)

### 4. Methodology, learning tasks, syllabus and resources

#### 4.1. Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions, assessment tasks and autonomous work and study.

#### 4.2. Learning tasks

This course is organized as follows:

- **Lectures** (40 hours).
- **Practice sessions** (50 hours).
- **Autonomous work and study** (135 hours).
- **Assessment tasks** (5 hours). Different tests will be developed to verify and check the acquisition of both theoretical and practical knowledge and skills acquisition.

#### 4.3. Syllabus

This course will address the following topics:

##### **Lectures**

First term (Sept - Jan)

- **Section A. Dietary Guideline. Progressive transition diets and diets changed in texture** (6 hours).
  - General Introduction to diet therapy: Study of the relationship between health and disease with food consumption. Bases of dietary prescription: Design and planning diets.
  - Hospital dietary planning. Manual and hospital diets code. Methodology to develop a manual of hospital diets.

- Diets modifying the texture and consistency. Progressive diets or diets hospital transition: Water Diet or complete and incomplete liquid diet, semi-solid or semi-liquid diet, soft diet-easily digestible and soft diet which is easy to chew, general characteristics and implementation stages of progressive diets, basal diet or standard diet hospital.
- Special diets and exploratory. Dietary modifications "pretest diagnosis".
- **Section B. Therapeutic diets modified in energy and nutrients (14 hours).**
  - Energy intake controlled diets?: Low calorie diets, including their characteristics and types. Moderately low calorie diets, very low calorie diets (VLCD), and high-calorie diets.
  - Nutrient supply controlled diets: Diets controlled in carbohydrate, lipid, protein and / or amino acids, fiber or waste, or mineral.

#### Second term (Feb - May)

- **Section C. Dietary management and nutritional guidelines in several diseases (20 hours).**
  - Dietary management and nutritional guidelines in cardiovascular disease.
  - Dietary management and nutritional guidelines in the gastroesophageal pathology.
  - Dietary management and nutritional guidelines in the intestinal pathology.
  - Dietary management and nutritional guidelines in renal disease.
  - Dietary management and nutritional guidelines in hepatobiliary and pancreatic disease.
  - Dietary management and nutritional guidelines on endocrine-metabolic disease (I): Obesity. Thinness and weight loss.
  - Dietary management and nutritional guidelines on endocrine-metabolic pathology (II): Diabetes mellitus.
  - Dietary management and nutritional guidelines in other diseases and special circumstances.

## Practice sessions

#### First term (Sept - Jan)

- **Section A. Resolution of cases studies and problems (30 hours).** Students must solve several exposure cases and problems with the help of the teacher, encouraging classroom work in groups. Some of these activities may be complemented by the autonomous student work and promoting personal study.

#### Second term (Feb - May)

- **Section B. Laboratory Practices (20 hours).** Practical sessions with personalized support in small groups of students, aimed at assessing and interpreting clinical, biochemical, laboratory and other complementary assessments in different diseases. Those are presented within a clinical case and involve the development of a therapeutic diet. Some of these activities can complement or be related to student self-employment and promoting personal study.

## 4.4. Course planning and calendar

The report of the practice sessions can be delivered until the end of the course, on the date indicated by the teacher.

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sport Sciences website and Moodle.

Methodological and other adaptations as a consequence of COVID-19:

1. Despite the teaching is scheduled to be in-person, if the sanitary circumstances require it, the teaching of the theoretical classes could be done "online", through the Google Meet platform, and with the necessary documentary support that will be included in the Moodle / ADD platform, respecting, in any case, the guidelines approved by the Governing Council of the University of Zaragoza.
2. The teaching of the practices will be done in person, always respecting the instructions of the health and academic authorities.
3. The tutorials will be offered in person and "online" through the Google Meet platform.
4. The presentation of the proposed works will be carried out either in person or "online", through the Google Meet platform, depending on the evolution of the health crisis caused by COVID-19.

## 4.5. Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=29215>