



## Course catalogue

### TTF-NUT307 Basics of Diet Therapy

Programme	Nutrition
Level	Bachelor's programme
Academic year	III year
Semester	Spring Semester
ECTS credits	6 credits
Lecturers	Ass. Prof. Tatjana Blazhevska PhD Ass. Prof. Marija Menkinoska PhD
Language	Macedonian
Objective	Course objectives are for the student to introduce with the basics of diet therapy, as well as the latest insights in this field. Also they will enrich their knowledge for therapeutic use of macro- and micronutrients, as well as certain types of foods (new, functional and organic foods).
Content	Basic principles of diet therapy. Organisation of diet in the hospital. Modified diets according to consistency, and other diets related to upper and lower gastrointestinal tract disorders. Enteral and parenteral nutrition. Modified carbohydrate and fat content in diet for patients with malabsorption. Modified energy intake and fat content in diet for patients with gallbladder, pancreatic and liver diseases. Modified mineral content and controlled fat content in diet for patients with cardiovascular diseases. Modified protein, mineral and fluid content in diet for patients with kidney and urinary system dysfunction. Modified energy intake and protein content in diet for patients with malnutrition (obstructive pulmonary diseases and cancer.). Modified carbohydrate content in diet for patients with diabetes mellitus. Modified food intake in diet for patients with allergies and food intolerances. Modified intake of micronutrients in diet of patients with osteoporosis
Learning materials	Reading from the primary literature are referenced in class and posted to the course website.