



Course catalogue

## NUT\_II\_IZ 10 Diet Prevention and Diet Therapy

Programme	Nutrition
Level	Master's programme
Academic year	II year
Semester	Autumn Semester
ECTS credits	6 credits
Lecturers	Full Prof.Zora Uzunovska, MD, PhD Ass. Prof. Marija Menkinoska, PhD
Language	Macedonian / English
Objective	The student will gain knowledge to implement diet preventive and diet therapeutic measures in certain target groups, in the vulnerable period of life: children and adolescents, adult population and minority groups with a special emphasis on healthy aging. Also, the student will gain knowledge with diet therapy and in diseases of individual organs and organic systems.
Content	Theoretical and practical guidelines for dietary preparation in gastrointestinal disorders, cardiovascular diseases, diabetes, osteoporosis, food allergies and the interaction of foods with drugs and essential elements of enteral and parenteral nutrition within clinical nutrition.
Learning materials	Reading from the primary literature are referenced in class and posted to the course website.