

Sant Hirdaram Girls College, Bhopal
Department of Food & Nutrition
Academic Year 2025-26

1-Week Certificate Course in Therapeutic Nutrition

Duration: 1 Week (6 days × 3 hours/day = 18 contact hours + 4 practical/case study hours)

Course Objectives:

- To provide foundational knowledge of therapeutic diet planning.
- To equip students with skills to modify diets for common diseases.
- To enhance understanding of the role of nutrition in clinical management.
- To practice case-based diet planning and patient counseling.

Content Outline (Day-wise Plan):

Day 1: Introduction & Basics

- Principles of therapeutic nutrition & role of dietitian in healthcare
- Methods of dietary modification (consistency, nutrient/energy adjustment)
- Nutrition assessment: clinical, dietary, anthropometry overview

Day 2: Lifestyle Disorders

- Obesity: causes & diet planning
- Diabetes Mellitus: dietary principles, glycemic index & menu planning
- Hypertension & CVD: DASH diet, low-sodium diets

Day 3: Gastrointestinal & Hepatic Disorders

- Peptic ulcer, diarrhea & constipation: dietary modifications
- Liver diseases (hepatitis, fatty liver, cirrhosis): energy-protein adjustments

Day 4: Renal & Pulmonary Disorders

- Acute & chronic renal disease: low-protein, low-sodium diets
- Dialysis nutrition basics
- Pulmonary disorders: high-energy, nutrient-dense diet planning

Day 5: Oncology & Critical Care Nutrition

- Diet in cancer: role during chemotherapy & radiotherapy
- Basics of enteral and parenteral feeding
- Nutritional support in ICU (overview)

Day 6: Practical Application & Case Studies

- Case discussions (diabetes, obesity, renal failure, liver disease)
- Group activity: menu planning for therapeutic diets
- Mock counseling session with role play
- Feedback, assessment, and certificate distribution

Expected Outcomes

- By the end of this 1-week course, learners will be able to:
- Explain the principles of therapeutic nutrition.
- Prepare sample diet plans for diabetes, obesity, hypertension, renal, and liver disorders.
- Demonstrate skills in case study analysis and dietary counseling.
- Apply therapeutic nutrition knowledge in community, hospital, or counseling settings.