



Study program: Integrated Academic Studies in Pharmacy			
Course title: Diet Planning			
Teacher: Jelena N. Jovičić Bata			
Course status: Optional			
ECTS Credits: 3			
Condition:			
Course aim Improving the knowledge of pharmacists in the field of diet of healthy and ill persons. Determining energy, nutrient and regulatory substances' requirements in different population groups.			
Expected outcome of the course: Improved knowledge on medical nutrition prevention and medical nutrition therapy. Improved knowledge on nutrition education tools (MyPlate). Medical nutrition therapy of different pathologic conditions. Improvement in pharmaceutical care in offering nutrition advice. Nutrition planning for the healthy population, athletes, pregnant and lactating women and the ill. Use of anthropometric measurements for therapy individualization.			
Course description <i>Theoretical education</i> Nutrition, health and disease in the 21 century - epidemiological characteristics (DALYs). Genetic, economic and social impacts on diet and nutritional status. Environment, diet and nutritional status. Energy requirements of different population groups. Protein, fat and carbohydrate requirements of different population groups. Macrominerals and trace minerals' requirements in different population groups. Water soluble vitamins and insoluble vitamins - requirements in different population groups. Nutrition planning in nutrition deficiencies. Nutrition planning in chronic diseases (diabetes, hypertension, cardiovascular diseases, neoplastic diseases and osteoporosis). Nutrition planning for the athletes. <i>Practical education</i> DALYs and nutrition, calculation. Determination of the energy requirements of different population groups. Determination of nutrient requirements. Water soluble and insoluble vitamins: the difference between nutritional recommendations and dietary supplements: practical guidelines for pharmacists. Macrominerals and trace minerals: the difference between nutritional recommendations and dietary supplements: practical guidelines for pharmacists. Nutrition planning and improving the health of healthy people: a practical guide for pharmacists. Nutrition planning for pregnant and breastfeeding women: a practical guide for pharmacists. Nutrition planning in reducing the risk of malnutrition. Diarrheal disease and diet: a practical guide for pharmacists. Diabetes, dyslipidemia and diet: a practical guide for pharmacists. Hypertension, cardiovascular disease, metabolic syndrome and diet: a practical guide for pharmacists. Osteoporosis and diet: a practical guide for the pharmacist. Nutrition planning for athletes: a practical guide for pharmacists.			
Literature <i>Compulsory</i> 1. Smolin LA, Grosvenor MB. Nutrition: science & applications. Hoboken, NY: John Wiley & Sons; 2010. ISBN 0470626747 2. Erdman JW Jr, MacDonald IA, Zeisel SH, editors. Present knowledge in nutrition. 10th ed. Washington (DC): ILSI Press; 2012. <i>Additional</i> 1. Navarra T. The encyclopedia of vitamins, minerals and supplements. 2nd ed. New York, NY: Facts on File Inc; 2004. ISBN: 0-8160-4998-X			
Number of active classes	Theoretical classes: 30		Practical classes: 15
Teaching methods Lectures, practice, analysis of practical cases			
Student activity assessment (maximally 100 points)			
Pre-exam activities	points	Final exam	points
Lectures	15	Written	55
Practices	15	Oral	
Colloquium		
Essay	15		