**Teaching program for 5th  year students for clinical dietetics   
on Faculty of Medicine (English Division)**

**LECTURE**

**The basic concepts of nutrition: energy supply, distribution of nutrients, changes resulting from the physiological and pathological conditions. The guidelines of nutrition.**

**The principles of healthy nutrition by the World Health Organization as the prevention of cardiovascular disease and cancer.**

**CLASSES**

**1. Malnutrition-related diseases: inflammatory bowel disease, chronic pancreatitis, liver failure, kidney disease, chronic cardiac, neurological diseases.**

**2. The disorder of lipid metabolism: nutritional therapy, health consequences. Metabolic syndrome.**

**3. The disorder of carbohydrate metabolism: nutritional therapy, health consequences. Simple carbohydrates and complex carbohydrates.**

**4. Nutrition and nutritional prevention in selected chronic diseases. The importance of nutrition in selected physiological states: pregnancy, breast feeding, menopause and the postmenopausal period.**

**Basic literature**

1. Advancing Dietetics and Clinical Nutrition A. Payne, H. Barker,  [Churchill Livingstone 2010](http://www.medbook.com.pl/ksiazka/wydawnictwo/id/539/wydawnictwo/churchill-livingstone) 1st Edition

2. Clinical Dietitians Essential Pocket Guide M. Width, T. Reinhard, Lippincott Williams & Wilkins 2009, 1st Edition

3. Nutrition Essentials and Diet Therapy, [N Peckenpaugh](http://store.elsevier.com/authorDetails.jsp?authorId=ELS_1061839)   Saunders Elsevier, 11th Edition

**Additional literature and other materials**

1. Human Nutrition: Science for Healthy Living, TJ Stephenson, WJ Schiff   
McGraw-Hill Higher Education, 2015

2. Basics in clinical nutrition,L Sobotka, Galen 2011

3. 60 ordonnances alimentaires, [L Chevallier](http://store.elsevier.com/authorDetails.jsp?authorId=ELS_1121934), Elsevier Masson 2nd Edition