



HUMAN NUTRITION	
Enrollment year	2018/2019
Academic year	2021/2022
Regulations	DM270
Academic discipline	MED/49 (APPLIED DIETARY SCIENCES)
Department	DEPARTMENT OF INTERNAL MEDICINE AND THERAPEUTICS
Course	MEDICINE AND SURGERY
Curriculum	PERCORSO COMUNE
Year of study	4°
Period	2nd semester (28/02/2022 - 29/05/2022)
ECTS	1
Lesson hours	8 lesson hours
Language	Italian
Activity type	ORAL TEST
Teacher	CENA HELLAS - 1 ECTS
Prerequisites	Biochemistry and Physiology
Learning outcomes	Aims: the aim of the course is to provide basic knowledge in food and human nutrition through the principles of Dietetics and clinical nutrition in prevention and management of medical nutrition therapy. Specifically: -learn about the physiological, dietary and nutrition-specific guidelines for a balanced diet -acquire the expertise to assess the State of nutrition on different population groups -acquire expertise in Dietetics applied to risk or pathological conditions
Course contents	1. Expenditure and energy balance, energy requirements 2. Physiological diet in adulthood (dietary guidelines/LARN) 3. Food groups and food pyramid 4. Assessment of Nutritional Status in adults

	5. Obesity and diet therapy 6. Metabolic Syndrome (diabetes, dyslipidemia, hypertension) and diet therapy 7. Nutritional approach to Gastrointestinal Inflammatory Diseases 8. Eating Disorders and clinical nutrition approach 9. Neurodegenerative disease 10. Nutrition and Cancer
Teaching methods	lectures
Reccomended or required readings	Società Italiana di Nutrizione Umana, SINU. Livelli di Assunzione di Riferimento di Nutrienti ed energia per la popolazione italiana, IV revisione. Milano: SICS Editore, 2014. ME Barasi "Nutrizione e Salute" Edizione italiana aggiornata a cura di H Cena, G Turconi, A Tagliabue. Edizioni Mediche Scientifiche Internazionali, Roma, 2003. Cannella - Mariani Costantini - Tomassi "Alimentazione e nutrizione umana" Il Pensiero Scientifico Editore, Roma, III ed. 2016. LK Mahan, S Escott-Stump "Krause's Food and Nutrition Therapy" Saunders Elsevier Canada, 12th Edition, 2008. G Fatati . "Dietitica e Nutrizione: Clinica, Terapia e Organizzazione" Il Pensiero Scientifico Editore, Roma, 2007. U Leuzzi, E Bellocco, D Barreca "Biochimica della Nutrizione" Zanicheli Editrice, Bologna 2013. Lisa Hark, Darwin Deen, Gail Morrison "Medical Nutrition and Disease: A case-based Approach" 5th Edition, October 2014, ©2014, Wiley-Blackwell
Assessment methods	written examination
Further information	lectures slides available
Sustainable development goals - Agenda 2030	\$lbl_legenda_sviluppo_sostenibile