

Course name: Advanced in Dietetics

Course code:

Number of ECTS : 3

Semester summer

Lecturers: Aneta Kopeć Ph.D., DSc.,

Form of classes (hours): 15 hours of lecture, 15 hours of laboratories

Key competences: dietetics, diets, diseases, bioactive food compounds

Lectures: **15 hours (5x3 h).**

Topics:

1. The role of nutrients, macronutrients and bioactive compounds in pathogenesis of various diseases
2. Diets used in diet therapy.
3. Nutrition in diseases of circulatory system (atherosclerosis, hypertension)'
4. Nutrition in inflammatory bowel disease (IBL) and other disorder of gastrointestinal tract.
5. Diets used in management of body weight

Laboratories: **15 hours (3x5h)**

Topics:

1. Determination of energy value and salt in various food products and daily diets.
2. The effect of cooking on the level of thiocyanidyns and vitamin C in selected vegetables
3. Total phenolic content and antioxidant activity of daily diets and various food products.

Requirements:

Students should finish or be during Human Nutrition course.