

## CONTENT OF THE SUBJECT

<b>Subject:</b>	<b>Fundamentals in Nutrition and Clinical Dietology</b>		
<b>Study</b>	<i>General Medicine</i>	<b>Study Period:</b>	<i>Summer time</i>
<b>Evaluation:</b>	<i>completed</i>	<b>Subject Type:</b>	<i>Elective courses</i>
<b>Content:</b>	<i>2 h lectures and 2 h practical exercises / week</i>		<i>Total 56 hours</i>

Department: **1<sup>st</sup> Department of Internal Medicine UPJŠ FM**

<b>Week</b>	<b>Lectures</b> <a href="https://portal.lf.upjs.sk/index-en.php">https://portal.lf.upjs.sk/index-en.php</a>	<b>Seminars</b>
<b>1.</b>	Omega 3-PUFA a metabolic syndrome	Characteristics of individual nutrients
<b>2.</b>	Malnutrition	The importance of diet in the development of lifestyle diseases
<b>3.</b>	Weight loss diet plans and evidence based medicine	Principles of diet in lipid disorders, obesity and diabetes type 2 patients
<b>4.</b>	Principles of diet in lipid disorders, obesity and diabetes type 2 patients	Obesity, clinical dietology guide, cardiovascular protection diet
<b>5.</b>	Probiotics	Enteral and Parenteral Nutrition
<b>6.</b>	Obesity	Water and electrolytes (sodium, potassium, chloride)
<b>7.</b>	Antioxidants , Protein (deficiency, metabolism, bioavailability, food sources, requirements)	Protein, carbohydrate, fat, fiber intake

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<b>8.</b>	Dietary fiber, energy balance	Vitamin, mineral, trace element, antioxidant, electrolyte intake
<b>9.</b>	Carbohydrates (food sources, requirements)	Function of the gastrointestinal (GI) tract
<b>10.</b>	Physiology related to thirst, hunger, satiety	Hormonal control of nutrient metabolism
<b>11.</b>	Nutrition physical examination (anthropometrics, body composition, skin)	Nutrition and immunity
<b>12.</b>	Nutrient intake recommendations	Characteristics of an adequate diet, Veganism/vegetarianism
<b>13.</b>	Nutritional anemias, Laboratory evaluation, Growth	Diarrhea, water, electrolytes, acid-base balance
<b>14.</b>	Sources, bioavailability, action, deficiency, excess of micronutrients	Chronic diseases (cancer, cardiovascular disease, hyperlipidemia, hypertension, osteoporosis)

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