



General Nutrition Course Plan

September 2024

Prof. Reza Amani Sessions:

Session 1: Basic Nutrition - Concepts and Definitions

Session 2- Nutrition implications: Carbohydrates

Session 3- Nutrition implications: Lipids

Session 4- Nutrition implications: Proteins

Session 5- Nutrition implications: Water and Electrolytes

Session 6- Nutritional Assessment Tools

Session 7- Obesity and Weight Control

Session 8- Diabetes and its Nutritional Management

Session 9- Nutrition in Cardiovascular Disease

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Prof. S.M. Safavi Sessions:

Session 8 Vitamins (definitions, differences between Fat soluble and Water- soluble vitamins)

Session 9 Fat-Soluble Vitamins (A)

Session 10 Fat-Soluble vitamins (D)

Session 11 Fat-Soluble vitamins (E, K)

Session 12 Water-soluble vitamins (B-Complex)

Session 13 Water- soluble Vitamins (C, Folate) Other Vitamin-Like factors (Choline, carnitine, Myo-Inositol, Bioflavonoids)

Session 14 Minerals (definitions, classifications, Ca, P, Mg, S)

Session 15 Microminerals (Iron, Zinc, F, Co, I, Se, Mn, Chr, Mo, Bo)

REFERENCES:

Krause and Mahan's Food and the Nutrition Care Process, 16th Edition 2024