



# Shyama Prasad Mukherji College For Women University of Delhi

**Digital Initiatives for Advancement of Learning**  
introduces

**Add-On Online Certificate Course 2020**  
on

## **Diet and Wellness**

**Course Duration: 40 Hrs**

**Open to all Undergraduate and Postgraduate Students of College/University/Institute of India**

**Participants will have to bring their own Course Material for the Practicals**

**Last Date for Registration : 25 July, 2020**

**Registration Link: <https://tinyurl.com/SPMC2020>**

**Registration fee for the entire course module: 3000 INR + GST**

**For more information visit college website: <http://spm.du.ac.in>**

# Shyama Prasad Mukherji College for Women

## Department of Food Technology

### Certificate Course on Diet and Wellness

**Total Hours: 60**

<b>Modules</b>	<b>No. of Hours</b>
<p style="text-align: center;"><b>Module 1</b></p> <p>Introduction to basic nutrition: Macro nutrients - Carbohydrates, Proteins and Fats Micronutrients-Vitamins and Minerals</p>	<b>8</b>
<p style="text-align: center;"><b>Module 2</b></p> <p>Basic concepts of Diet Planning: Principles of meal planning Introduction to Food exchange list Concept of recommended dietary intakes Diet records and their analysis</p> <p><u>Practical :</u> Identification of food sources using food composition tables. 24 hours dietary recall and it's analysis</p>	<b>20</b>
<p style="text-align: center;"><b>Module 3</b></p> <p>Nutrition for the Family: Nutritional concerns and healthy food choices during Adulthood- Man and Woman Pregnancy and lactation</p> <p><u>Practical:</u> Planning of meals for adults, pregnant and lactating mothers. Preparation of healthy snacks during pregnancy/lactation</p>	<b>12</b>

<p align="center"><b>Module 4</b></p> <p>Weight management during obesity/overweight : Assessment, etiology and health complications of obesity Principles of planning weight reducing diets</p> <p><u>Practical:</u> Calculation of BMI Low calorie snacks/meals preparation</p>	<b>10</b>
<p align="center"><b>Module 5</b></p> <p>Diet for Diabetes Mellitus : Etiology and nutritional management of diabetes. Diet planning for diabetics.</p>	<b>6</b>
<p align="center"><b>Module 6</b></p> <p>Diet for hypertension and atherosclerosis : Etiology and nutritional management of hypertension and atherosclerosis.</p>	<b>4</b>

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