



COURSE DATA

DATA SUBJECT

Code: 33963
Name: Dietary Therapy
Cycle: Undergraduate Studies
ECTS Credits: 9
Academic year: 2025-26

STUDY (S)

Degree	Center	Acad. year	Period
1205 - Degree in Human Nutrition and Dietetics	Facultat de Farmàcia i Ciències de L'alimentació	3	Annual
1211 - Double Degree in Pharmacy and Human Nutrition and Dietetics	Facultat de Farmàcia i Ciències de L'alimentació	5	Annual

SUBJECT-MATTER

Degree	Subject-matter	Character
1205 - Degree in Human Nutrition and Dietetics	Diet therapy	COMPULSORY
1211 - Double Degree in Pharmacy and Human Nutrition and Dietetics	Asignaturas obligatorias del PDG Farmacia-Nutrición Humana y Dietética	COMPULSORY

COORDINATION

ESCRIVA LLORENS LAURA

BLESA JARQUE JESUS

LOZANO RELAÑO MANUEL

SUMMARY

Diet therapy is an obligatory subject that is given during the first and second semester in the third course of the degree in Human and Dietetic Nutrition. In the study plan (Plan 2009) consists of a total of 9 credits ECTS (1 credit ECTS = 25 h).

With this subject there is claimed that the pupil knows the implications of the different pathologies in the food - nutritional processes; the dietetic modifications to helping in each of them and the indications of the different technologies of supply that can be used. To acquire skill in the accomplishment of dietetic histories and in the nutritional valuation, follow-up and control of the patients. To familiarize itself with the medical terminology, the clinical histories, the dietetic prescriptions, the functioning of the services of dietetics and the dietetic hospitable guidelines.



As professionals of the area of Sciences of the Health, the graduates will not be able to elude in his professional future the employment of these concepts of enormous current importance.

In the subject there will be studied the dietetic treatment needed in the different diseases where nutrition and feeding are very important in the treatment of disease or the patient's recovery

There will be valued the nutritional needs of the individual, what tools are applied and which are most used in the areas ambulatory and hospitably.

In the seminars there will be applied the theoretical knowledge acquired to the royal practice of evaluations of ingestion and production of diets adapted to the different pathological situations.

In the practices there will treat each other topics relating to the functioning of the Diet Therapy Clinic and evaluate different clinical situations.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

COMPETENCES / LEARNING OUTCOMES

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Acquire knowledge and skill for developing nutritional care plans for various diseases and for assessing the different types of specific diets.

Adquirir la terminología propia de la materia de Dietoterapia.

Apply scientific knowledge of physiology, physiopathology, nutrition and food to offer dietary planning and advice to both healthy and sick individuals and communities throughout their life cycle.

Apply the basis of clinical nutrition to diet therapy.

Assess and calculate nutritional requirements in situations of health and illness at any stage of the life cycle.

Communicate effectively, both orally and in writing, with people, with health or industry professionals and with the media, knowing how to use information and communication technologies, especially those related to nutrition and lifestyles.

Conocer la organización hospitalaria y las distintas fases del servicio de alimentación.



Conocer las distintas técnicas y productos de soporte nutricional básico y avanzado. Desarrollar e implementar planes de transición dietético-nutricional.

Gain the skills required to develop food and nutrition education programmes for patients and their environment, both in outpatient clinics and hospitals.

Identificar los problemas dietético-nutricionales del paciente, así como los factores de riesgo y las prácticas inadecuadas.

Interpret the nutritional diagnosis, assess the nutritional aspects of a medical history and design the dietetic action plan.

Know, judge and know how to use and apply the sources of information related to nutrition, food, lifestyles and health.

Know the characteristics and indications of nutritional support techniques.

Know the multiple implications that the different diseases may have in dietary-nutritional processes, how to detect them and the hygienic-dietary changes to be implemented to prevent or control them.

Participar en el equipo multidisciplinar de una Unidad de Nutrición Hospitalaria.

Plan, implement and evaluate therapeutic diets for individuals or groups.

Plan and interpret the assessment of the nutritional status of individuals and/or groups, both healthy (in all physiological situations) and sick.

Planificar y llevar a cabo programas de educación dietético-nutricional en sujetos sanos y enfermos

Practise the profession with respect for other health professionals and acquire skills to work in teams.

Recognise the essential elements of the profession of the dietitian-nutritionist including ethical principles, legal responsibilities and the practice of the profession, apply the principle of social justice to professional practice, and work with respect to people, their habits, beliefs and cultures, from a gender perspective.

Recognise the need to maintain and update professional competence, with particular emphasis on independent and lifelong learning of new facts, products and techniques in the field of nutrition and food, and on motivation for quality.

Study the diseases that can cause malnutrition and their consequences on the clinical evolution of patients and the efficacy of their treatment.

Study the major metabolic syndromes and their nutritional impact.

Study the possible interactions between food components and organic functions and their impact on health.

Understand and assess the relationship between food and nutrition in health and in disease.

Understand and use clinical and biochemical data in the nutritional assessment of patients and in their dietary-nutritional treatment.



Understand the characteristics of the main therapeutic diets.

Write and interpret a dietary history of healthy and sick individuals.

DESCRIPTION OF CONTENTS

1. Introduction

1.1. Principles and fundamentals, guidelines for the preparation, preparation and monitoring of a dietary prescription, screening and assessment tools of nutritional status

2. Diet therapy based on Macronutrient Modification

2.1. Energy I: Obesity. Hypocaloric diets. Heterodox diets

2.2. Energy II: High hypocaloric diet. Diet in bariatric surgery. Sistema de Intercambios: practical application

2.3. Carbohydrates I: Dietary therapy in type 1 and type 2 diabetes. Método Clínic: practical application

2.4. Carbohydrates II: Inborn errors of carbohydrate metabolism - galactosemia and lactose intolerance

2.5. Carbohydrates III: Inborn errors of carbohydrate metabolism - intolerance to sucrose, fructose and sorbitol

2.6. Proteins I: Diet therapy in chronic renal disease, dialysis and renal transplantation

2.7. Protein II: Diet therapy in nephrotic syndrome, hepatic encephalopathy, chronic liver disease and Parkinson's disease

2.8. Proteins III Diet in protein allergy: coeliac disease, allergy to cow's milk proteins, egg and nuts

2.9. Proteins IV: Inborn errors of protein metabolism: phenylketonuria, homocystinuria, leucinosis and urea cycle disorders

2.10. Lipids I: Dyslipaemias - fatty acids, dietary cholesterol and hyperlipaemias

2.11. Lipids II: Medium chain triglycerides. Ketogenic diets. Adrenoleukodystrophy

3. Diet therapy based on Micronutrient Modification

3.1. Mineral Modified Diets I: Sodium-controlled diet. Oedema and hypertension. Potassium-controlled diet. Renal disease

3.2. Modified Dietary Minerals II: Iron and copper controlled diet. Anaemias

3.3. Modified Mineral Diets III: Calcium, phosphorus, purines and oxalates controlled diets. Osteoporosis. Nephrolithiasis

4. Other diets

4.1. Diet therapy in oncological patients

4.2. Diet therapy in taste and salivation disorders, mucositis and gastro-oesophageal reflux

4.3. Diet in allergies. Histamine intolerance and food additives



5. Diet Therapy in Gastrointestinal Symptomatology

- 5.1. Fibre-controlled diets. Diarrhoea and constipation
- 5.2. Diet therapy in gastric and intestinal surgery. Gastrectomies. Short bowel syndrome
- 5.3. Diet therapy in hepatobiliary and pancreatic disorders. Cystic fibrosis
- 5.4. Diet therapy in colon pathologies

6. Nutritional support

- 6.1. Nutritional support I: Hypercaloric, hyperproteic diets and oral supplementation. Malnutrition, anorexia and bulimia.
- 6.2. Nutritional support II: Progressive diets and hospital diets. Oropharyngeal dysphagia. Diets with texture modification
- 6.3. Nutritional support III: Enteral nutrition, parenteral nutrition and artificial nutrition at home

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Tutorials	3,00
Theory	60,00
Seminar	4,00
Laboratory	20,00
Total hours	87,00

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	0,00
Independent study and work	5,00
Preparation of lessons	100,00
Preparation for assessment activities	10,00
Resolution of case studies	20,00
Total hours	135,00

TEACHING METHODOLOGY

The development of the subject is structured as follows:

Theoretical-practical classes: There will be 3 weekly sessions of one hour each. In total, 60 one-hour sessions will be necessary to cover this teaching aspect. The theoretical-practical classes will combine lectures with the resolution of clinical cases and the recreation of potential dietary-nutrition consultation scenarios in a professional environment. This type of class facilitates the acquisition of knowledge,



procedures, and attitudes alike. To this end, the professor will present the most relevant content of the subject, using the necessary audiovisual media for agile and coherent development, and will guide its practical applicability with the objective of acquiring professional skills.

As part of the theoretical-practical classes, students may be asked to participate in the Educational Innovation projects developed by the teaching staff responsible for the subject.

Practical sessions of dietetic-nutritional consultation recreation in a dietotherapy office: Attendance is mandatory and they take place at the Nutritional Clinic of the Lluís Alcañiz Foundation-University of Valencia. These sessions are conducted over five 4-hour sessions. During the practicals, the teaching staff will develop the content through theoretical-practical classes with active participation from the students, aiming to teach them how to plan a dietary treatment and conduct a nutrition consultation. This will involve conducting an anamnesis, resolving a clinical case, and role-playing a dietary consultation with the development of food education resources. In each session, students will have to fill out a "practice diary" specifying the activities they perform each day. The diary template will be available in the virtual classroom. Students must submit the diary fifteen days after completing the practicals, and it will be reviewed before the theoretical-practical dietotherapy exam. Practical classes fundamentally contribute to the acquisition of skills, attitudes, and knowledge.

Seminars: Completion and attendance are mandatory for enrolled students. Coordinated seminars will be conducted on topics provided by the faculty, following the coordinated seminars regulations available on the Degree website. For the Double Degree (Pharmacy and NHD), the first-semester seminar will be uncoordinated, and the second-semester seminar will be coordinated. The seminar preparation will be supervised through tutorials agreed upon between the faculty and students. The assessment of this activity will consider both the scientific content covered and the presentation manner, with a particular emphasis on communication and the ability to convey ideas and concepts.

For students repeating the subject, attendance at the Seminars is not mandatory.

Tutorials: Students will attend in organized groups, with three tutorials evenly distributed at the beginning, middle, and end of the academic year. Each tutorial will last one hour. The methodology used will be the flipped classroom, where a clinical case simulation based on a real patient will be presented and must be approached comprehensively. The faculty will address any doubts that arise during the resolution. Additionally, the tutorials will serve to resolve any doubts that may have arisen during classes and will guide students on the most effective work methods to solve potential problems.

Both attendance and the submission of the clinical case resolution report are mandatory. For students repeating the subject, attendance at Tutorials is not mandatory.

During both theoretical and practical activities, examples of the application of the subject content in relation to the Sustainable Development Goals (SDGs) will be provided, as well as in the proposed topics for coordinated seminars. This aims to provide students with the knowledge, skills, and motivation to understand and address these SDGs while promoting reflection and critical thinking.

EVALUATION



According to the guidelines established for the Dietotherapy course, the evaluation of knowledge, competencies, and skills will be conducted through continuous assessment throughout the course. The following evaluable parameters will be considered:

- a) Completion of individual and/or collective reports on exercises related to various activities in the classroom, computer lab, and clinic, where the acquisition of skills and attitudes specifically defined for the subject will be evaluated, as well as the work developed by the students and their understanding of basic procedures and concepts.
- b) Written tests to assess the general knowledge of theoretical-practical concepts and procedures presented for each topic.
- c) Students' attitudes, evaluated from individual and group tutorials, practical classes, and seminars presented and discussed in the classroom.
- d) Attendance at theoretical-practical classes.
- e) Participation in educational innovation projects involving the subject.

The evaluation will be distributed as follows:

- Acquisition of theoretical-practical concepts through written tests.
- Acquisition of competencies through the submission of clinical case resolution reports and potential dietary-nutrition consultation scenarios.
- Practical sessions recreating dietary-nutritional consultations in a dietotherapy office, considering the following aspects in their evaluation: students' attitude, preparation of reports, and written tests.
- Seminar preparation: written work and presentation. The scientific content of the work, as well as the ability to present and debate with the faculty and among students, will be evaluated.

To pass the course, a minimum score of 5 out of 10 is required.

Evaluation of theoretical-practical content: This evaluation will represent 60% (6 points out of 10) of the final grade through multiple-choice and true/false written tests with reasoning. The content of these tests will be organised into thematic blocks. Throughout the course, students will have the option of taking an in-class test for each thematic block during class time. If they pass with a grade of at least 5, they may be exempted from the corresponding subject in the first final exam. Students who pass one or more of these tests may be exempt from the corresponding section of the final exam, provided they have attended at least 80% of the theory classes. If any of the corresponding blocks are completed in the final exam, it will be assumed that the grade for the thematic tests is waived. If students fail the first sitting, they will have to take the whole exam in the second sitting.

Competency evaluation: A maximum of 10% (1 point out of 10) of the final grade for the subject will be awarded for completing evaluable tasks carried out in class and submitted by the deadline, provided that at least 80% of theory classes have been attended. **Evaluation of practical sessions recreating dietary-nutritional consultations in a dietotherapy office:** The grade obtained in this evaluation will represent 20% (2 points out of 10) of the final grade. These sessions will be evaluated considering various aspects and parameters:



- Participation, behavior, attitude, and punctuality of the student.
- Submission of activities: anamnesis, educational material, and clinical case resolution.
- Accuracy of the activity diary.

In case the minimum score in the theoretical-practical part of the subject is not reached, the practical sessions recreating dietary-nutritional consultations in a dietotherapy office do not need to be repeated for the next two years.

Evaluation of interdisciplinary work: The seminar will contribute a maximum of 10% (1 point out of 10) to the final grade. The seminar evaluation will consider the written work, presentation, defense, and activities proposed according to the coordinated seminar regulations available on the degree website. The level of understanding of the content and the ability to present and discuss it will be assessed.

All components of the final grade (written tests, evaluable tasks, practical sessions, and seminars) must achieve a minimum score of 5 out of 10 for the final grade calculation.

Participation in Educational Innovation projects developed by the faculty responsible for the subject or conducted at the Center can increase the final grade by a maximum of 5% (0.5 points out of 10), provided that all evaluable parts of the subject have been passed with more than 5 (out of 10).

Copying or evident plagiarism of any task that is part of the evaluation, as well as the undeclared or unauthorized use of AI tools, will result in the inability to pass the subject, followed by appropriate disciplinary procedures. Note that, according to Article 13.d) of the University Student Statute (RD 1791/2010, of December 30), students must refrain from using or cooperating in fraudulent procedures in evaluation tests, assignments, or official university documents.

In cases of fraudulent practices, the "Protocol for Action in Cases of Fraudulent Practices at the University of Valencia" (ACGUV 123/2020) will apply: <https://www.uv.es/sgeneral/Protocols/C83sp.pdf>

Practical sessions, tutorials, and seminars are MANDATORY and NON-RECOVERABLE, according to Article 6.5 of the UV Evaluation and Grading Regulations for Bachelor's and Master's degrees. If, for a justified reason, a student cannot attend any of these activities, they must notify the faculty in advance. The faculty responsible for the subject can then assign the student to a session in another group.

Written tests of ordinary call will be conducted according to the calendar established by the Center, without the possibility of date or time changes, except for force majeure situations regulated by Article 9 of the evaluation and grading regulations of the University of Valencia. On the other hand, the dates of thematic tests that eliminate subjects will be announced in advance through the Virtual Classroom.

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