



CERTIFICATE COURSE IN DIET ASSISTANT

This course aims to assist dieticians and to develop knowledge on basics of nutrition, dietetics and nutritional assessment. It fosters the student to gain competent skills in formulating balanced and therapeutic diet in adherence with food safety and nutritional assessment.

The syllabus covers:

- Introduction to food and nutrition
- Healthy body systems
- Role of diet assistant
- Nutrients and diet
- Nutrition assessment
- Meal Plan
- Steps in menu planning
- Metric measurements
- Balanced diet and therapeutic diets
- Enteral feeds and feeding methods
- Parenteral nutrition
- How to calculate BMI
- Food contamination
- Food safety and storage
- Code of conduct
- Infection control measures emergency care

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