

DIET AND NUTRITION BASIC

FaF.KORF/29-Mgr-A/22 2L +1S. Academic year 2026/2027

Lectures: Monday 13:00 – 14.40. K404

Seminars: Monday 14:50 – 16:30 (in period 2 weeks). K404

Teacher: Assoc. prof. PharmDr. Daniela Mináriková, PhD., MSc., MPH, PharmDr. Ľubica Lehocká, PhD.

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Conditions for fulfilling subject:

1. **Obligatory participation in seminars.** Absence on the seminar must be proved by the reason for absence and the seminar must be replaced in agreement with the teacher.
2. **Continuous test** without a set minimum pass.

Exam: Completion of the course is done by a **written exam** with a minimum success rate of 60%.
Rating: A = 100-95%, B = 94-85%, C = 84-75%, D = 74-65%, E = 64-60%, FX = 59% and less.

Pre-term exam requirements: participation on seminars, continuous test with evaluation min. 85%.

Literature:

1. Temple N.J., Wilson T., Bray G.A. (Eds). Nutrition Guide for Physicians and Related Healthcare Professionals (Nutrition and Health) 2nd ed. 2017 Edition ISBN-13: 978-3319499284.
2. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2020-2025 Dietary Guidelines for Americans. Available at https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf
3. Australian Dietary Guidelines, 2013. Available at <https://www.eatforhealth.gov.au/guidelines>.
4. The Food Safety Authority of Ireland, 2019. A guide supporting the Healthy Ireland Food Pyramid. Available at https://www.fsai.ie/news_centre/press_releases/healthy_eating_guidelines_28012019.html
5. Food-Based Dietary Guidelines. Joint Research Centre, European Commission's science and knowledge service, Last update Feb 2020. Available at <https://ec.europa.eu/jrc/en/health-knowledge-gateway/about>.
6. WCRF/AICR 2018. Diet, Nutrition, Physical Activity, and Cancer: a Global Perspective. Continuous Update Project expert Report. Available at <https://www.wcrf.org/sites/default/files/Summary-of-Third-Expert-Report-2018.pdf>.
7. Handbook for counsellors reducing risk factors for noncommunicable diseases, 2017.
8. 2021 Dietary Guidance to Improve Cardiovascular Health: A Scientific Statement from the American Heart Association. Circulation. 2021;144: e472–e487
9. Nutritional Recommendations for Individuals with Diabetes, 2019. Available at <https://www.ncbi.nlm.nih.gov/books/NBK279012/>.

Other materials available at Moodle 2026/2027 according to recommendations of teachers.

DATE	LECTURE / SEMINAR
21.9.2026 Lecture	Dietetics in the treatment and prevention of diseases. Development and current trends. Scientific approach in dietetics. The relationship of nutrition to health and disease.
28.9.2026 Lecture Seminar	Physiology of nutrition. Components of nutrition I - macronutrients (carbohydrates, fats, proteins), macro elements. Water. Alcohol. <i>Instructions for seminars, quiz, examples of case reports.</i>
5.10.2026 Lecture	Energy balance - energy intake and expenditure. Energy substrates. Energy density of food. Influence of energy expenditure.
12.10.2026 Lecture Seminar	Physiology of nutrition. Components of nutrition II- microelements, micronutrients, vitamins and minerals. <i>Self-study.</i>
19.10.2026 Lecture	Rational nutrition - Food pyramid, Food plate. Caloric tables, practice of calculating caloric values. Nutrition databases and software. Anthropometric examinations adults and children. Measurement of skin algae. BiIA of body composition.
26.10.2026 Lecture Seminar	Healthy and balanced diet. Food-based dietary guidelines in the prevention of chronic diseases. <i>Presentation of individual task I</i>
2.11.2026 Lecture	Therapeutic and preventive dietary recommendations for selected diseases: obesity, diabetes mellitus type 1 and type 2 diabetes, dyslipoproteinemia, hypertension, atherosclerosis, cancer.
9.11.2026 Lecture Seminar	Diet therapy in specific population groups (children, pregnant and lactating women, in old age). Diet therapy for other diseases. Specific groups of patients with food allergy and intolerance. <i>Presentation of individual task II</i>
16.11.2026 Lecture	Examination of nutritional status (anamnesis, physical, laboratory and auxiliary examinations). Nutritional status of the individual. Population nutritional monitoring. Eating disorders (malnutrition, anorexia, bulimia).
23.11.2026 Lecture Seminar	Enteral and parenteral nutrition. Foods for specific nutritional purposes - dietetic foods, dietary supplements. Legislation, marketing, payment, rational use. <i>Continuous test.</i>
30.12.2026 Lecture	Alternative forms of nutrition (vegetarianism, veganism) and dietetics. Issues of organic foods, genetically modified foods, functional foods.
7.12.2026 Lecture Seminar	The current nutritional situation in our country and in the world. The National Health and Nutrition Program. Food consumption and its development. Food, nutrition and health literacy. Evaluation methods. Food safety. <i>Case reports – solutions.</i>
14.12.2026	Consultations. <i>Pre-term exam.</i>