

Postgraduate Diploma

Nutrition in Infancy and
Pathologies of the Digestive
Tract and Endocrine-Metabolic
Pathologies in Diet Therapy



Postgraduate Diploma

Nutrition in Infancy and Pathologies
of the Digestive Tract and Endocrine-
Metabolic Pathologies in Diet Therapy

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/in/medicine/postgraduate-diploma/postgraduate-diploma-nutrition-infancy-pathologies-digestive-tract-endocrine-metabolic-pathologies-diet-therapy

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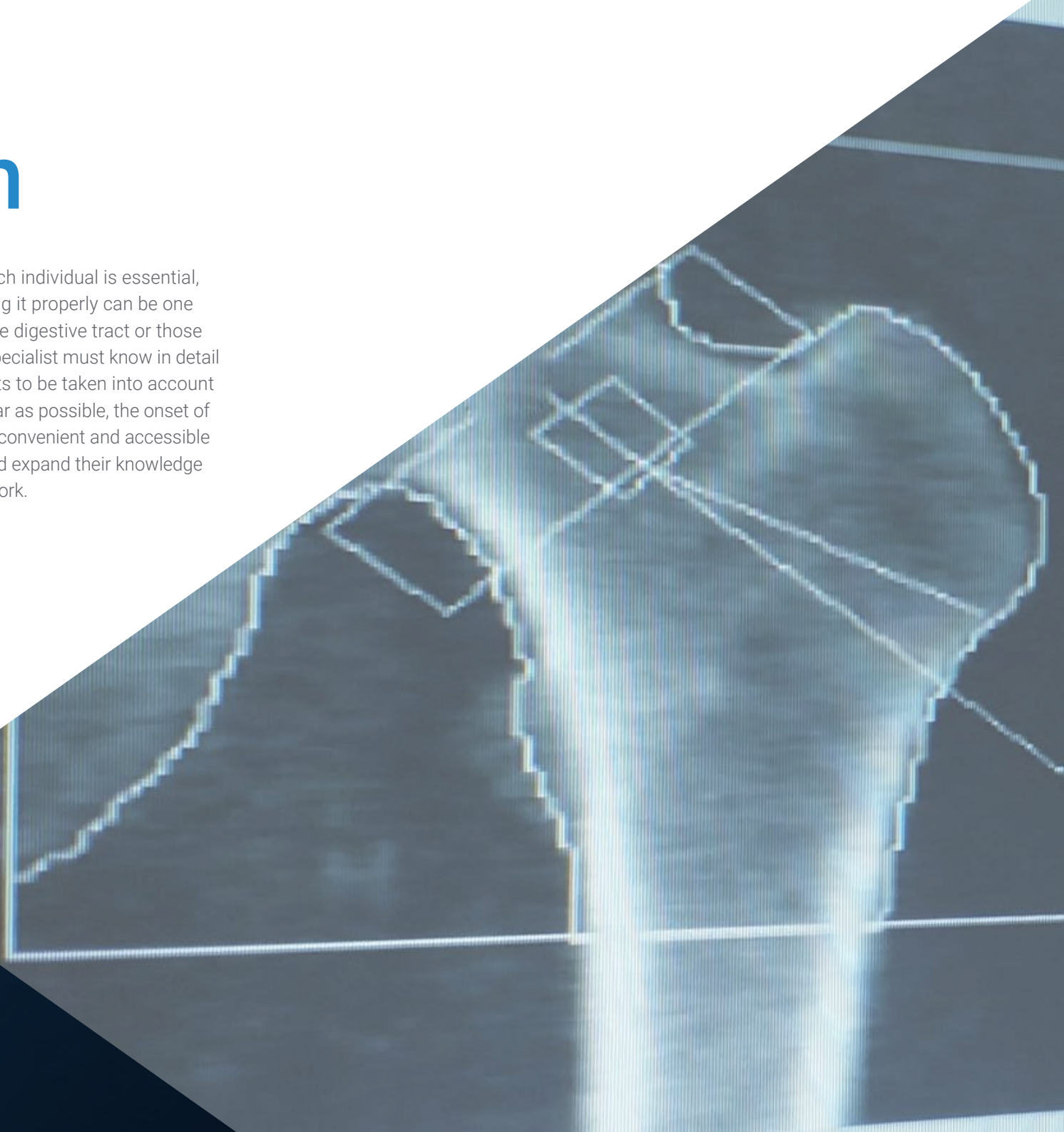
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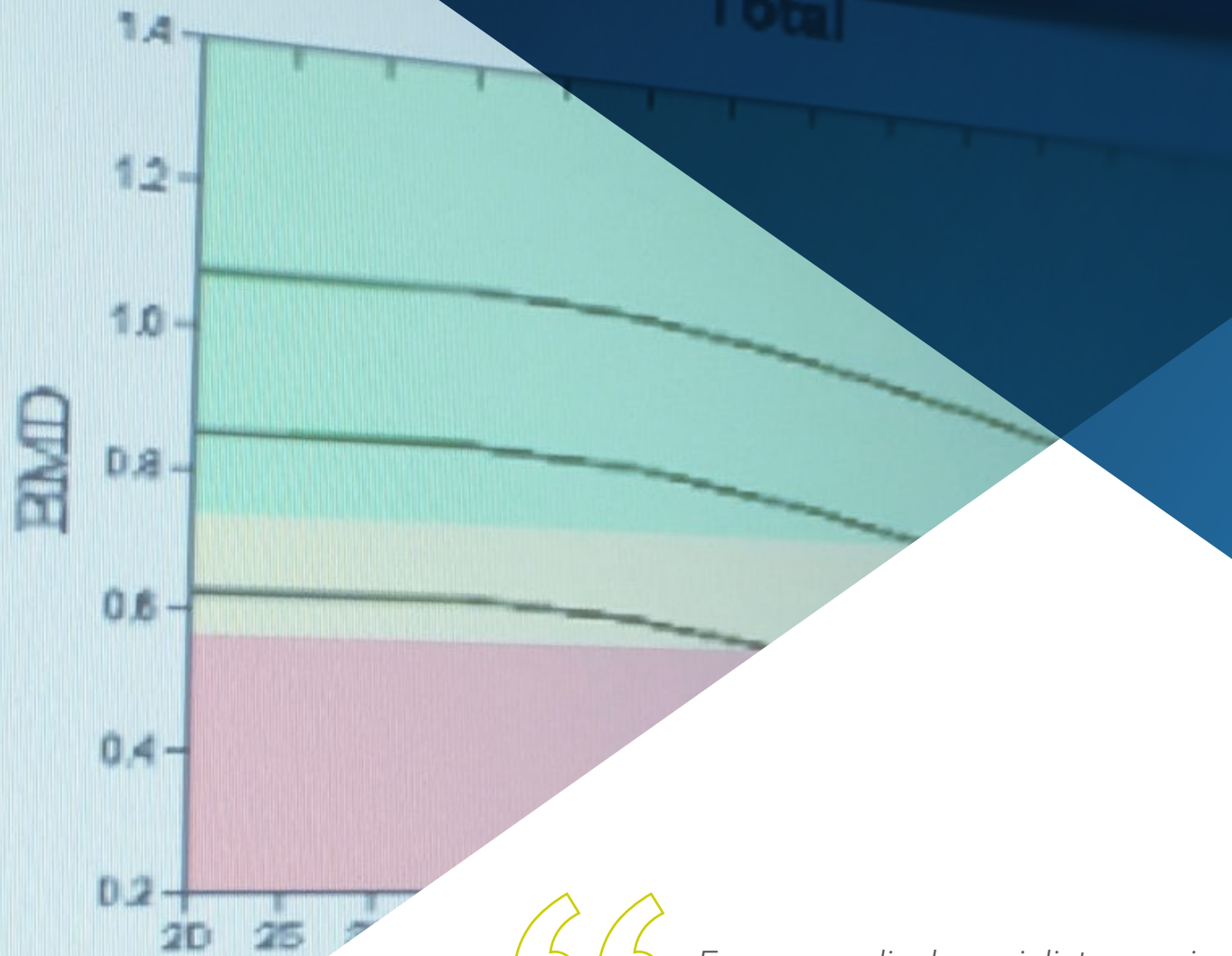
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01

Introduction

A balanced diet according to the nutritional needs of each individual is essential, especially at early ages, so that the fact of not controlling it properly can be one of the triggers of the dysfunctions that develop along the digestive tract or those autoimmune pathologies. For this reason, the medical specialist must know in detail the latest developments related to the nutritional aspects to be taken into account during childhood and adolescence, in order to avoid, as far as possible, the onset of these diseases. For this reason, TECH has designed this convenient and accessible 100% online program, perfect for graduates to update and expand their knowledge without having to neglect their practice or professional work.





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For any medical specialist, pursuing an academic degree is complex due to lack of time. With TECH you will be able to catch up in a simple, comfortable way and with a schedule adapted to your availability”

Medicine has advanced by leaps and bounds in recent decades in all its fields, including nutrition. For this reason, it is now possible to know that a correct diet and a nutritional intake adapted to the specifics of a given disease can be highly beneficial for the improvement of the health of many patients. However, like any science, it is constantly evolving, which is why its specialists must be constantly updating their knowledge.

In the case of physicians, this task sometimes becomes a real odyssey, since lack of time, combined with the hectic pace of the practice, prevents them from fulfilling this task. In order to provide you with all the necessary tools that will allow you to get up to date, TECH has developed this Postgraduate Diploma Nutrition in Infancy and Pathologies of the Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy. This is a program that combines, in a single and intensive course, a theoretical and practical syllabus that delves into the importance of nutrition at an early age, as well as the diseases and dysfunctions that can be caused by poor nutrition.

All this in a 100% online course, accessible from any device with internet connection and with a schedule that will allow you to access the virtual classroom at any time of the week. Furthermore, all material, both theoretical and practical, as well as additional material, will be available from the beginning of the academic experience and can be downloaded for consultation, even after the academic experience has ended.

This **Postgraduate Diploma in Nutrition in Infancy and Pathologies of the Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Nutrition and Endocrinology
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



A program designed by experts in Nutrition, so that you can learn in detail the latest developments in the sector and implement the most innovative and effective concepts of nutrition in your strategy"

“

You will delve into endocrine-metabolic pathologies such as type 1 diabetes and the latest scientific evidence related to nutrition in insulin-dependent patients”

The program’s teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will have clinical cases of real patients, with which you will be able to work and establish your own strategies, which will be supervised by the teaching team.

You will be able to get up to date on the specifics of digestive tract pathologies and their nutritional treatments.



02 Objectives

This program has been designed and developed by TECH with the objective that the graduate will find in it an opportunity to get updated on the most important aspects related to Nutrition in Infancy and Pathologies of the Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy For this purpose, it will provide you with the best academic tools of the moment, not only to facilitate the academic experience, but also so that you can get the most out of it during the 6 months in which it takes place.





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If your goals include expanding your knowledge related to nutrition in patients with pulmonary pathologies, this program focuses on cystic fibrosis, COPD and OSA”



General Objectives

- ♦ Broaden knowledge and incorporate advanced and innovative knowledge in food and nutrition in the daily clinical practice of the Doctor
- ♦ Revise the fundamental aspects of healthy eating, with a current approach aimed at risk prevention
- ♦ Delve into the correct management of daily nutrition
- ♦ Examine the most common syndromes and symptoms related to nutritional problems



TECH's goal is to provide you with the best and most modern academic tools so that you will be able to achieve your most ambitious goals in less time than you expect"





Specific Objectives

Module 1. Nutrition in Childhood and Adolescence

- ♦ Update knowledge on childhood and adolescent overweight and obesity, epigenetic factors and advances in multidisciplinary management and treatment with special focus on the nutritional approach
- ♦ Broaden the specific therapeutic approach to eating disorders and genetic syndromes associated with nutritional alterations
- ♦ Study new evidence on feeding models in pediatrics and adolescent medicine. Useful tools for consultation
- ♦ Approach nutrition adapted to pediatric pathology

Module 2. Nutrition in Dysfunctions and Pathologies along the Digestive Tract

- ♦ Study the functioning of the digestive tract, functions and pathologies
- ♦ Complete evaluation of the clinical case and the digestive health
- ♦ Understanding the intestinal microbiota and its relationship with endocrine and nervous system

Module 3. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- ♦ Individualize nutritional planning for patients with insulin-dependent DM1 and DM2 and insulin resistance
- ♦ Explore adapted nutritional recommendations based on scientific evidence in autoimmune, endocrine and respiratory pathologies
- ♦ Delve into the prevention and treatment of sarcopenia and osteopenia.

03

Course Management

The faculty of this program is composed of a varied group of professionals specialized in Endocrinology and Nutrition with years of experience in the field in question. It is a group of experts distinguished by their human qualities and their commitment to the academic growth of the graduate. For this reason, accessing this program is a unique opportunity to be up-to-date in this field by the hand of active professionals.



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The faculty has actively participated in the development of the syllabus, contributing its criteria and experience and making it more realistic, practical and accurate”

Management



Dr. Vázquez Martínez, Clotilde

- Corporate Head University Hospital Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- Head of the Endocrinology and Nutrition Department at Ramón y Cajal Hospital (Madrid) and Severo Ochoa Hospital, Leganés
- President of La SENDIMAD (Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid)
- Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- Doctorate from the Faculty of Medicine at the Autonomous University of Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- Specialist in Endocrinology and Nutrition via Medical Residency at the Jimenez Díaz Foundation
- Abraham Garoía Almansa Clinical Nutrition Lifetime Achievement Award
- Recognized among the 100 best Doctors in Spain according to Forbes list
- Castilla La Mancha Diabetes Foundation (FUCAMDI) Diabetes and Nutrition Lifetime Achievement Award



Dr. Montoya Álvarez, Teresa

- Head of the Endocrinology and Nutrition Service of the Infanta Elena University Hospital
- Head of Volunteering at the Garrigou Foundation
- Degree in Medicine and Surgery from the University of Navarra
- Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- Course in Bariatric Antecedents of Surgery Patient Emergencies: Key References for the Attending Physician
- Member of: Institute for Health Research Foundation Jiménez Díaz, Health Commission of FEAPS Madrid and Trisomy 21 Research Society



Dr. Sánchez Jiménez, Álvaro

- ♦ Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation HU
- ♦ Nutritionist at Medicadiet
- ♦ Clinical Nutritionist specialized in prevention and treatment of obesity, diabetes and their comorbidities
- ♦ Nutritionist in the Predimed Plus Study
- ♦ Nutritionist at Eroski
- ♦ Nutritionist at Axis Clinic
- ♦ Professor on the Master's Degree in Obesity and its Comorbidities. Rey Juan Carlos University
- ♦ Professor at the Course of Excellence in Obesity at the Fundación Jiménez Díaz Hospital - Novo Nordisk
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition in the elderly, Complutense University of Madrid
- ♦ Nutrition and Sport for Professionals, Tripartite Foundation
- ♦ Refresher course on practical type 1 and 2 diabetes for healthcare professionals

Professors

Mr. Martínez Martínez, Alberto

- ♦ Nutritional Advisor at Santiveri
- ♦ Dietitian responsible for the menu of children with food allergy. Gastronomic
- ♦ Dietician- Clinical Nutritionist at the University Hospital Antonio
- ♦ Degree in Human Nutrition and Dietetics. Fluminense Federal University
- ♦ Graduate in Human Nutrition and Dietetics at the University of Valencia
- ♦ Master's Degree in Agri-environmental and Agri-food Sciences. Autonomous University of Madrid

Dr. Hoyas Rodríguez, Irene

- ♦ Specialist in Endocrinology and Nutrition
- ♦ Specialist in Endocrinology and Nutrition at the Fundación Jiménez Díaz and Infanta Elena Hospitals
- ♦ Specialist in Endocrinology and Nutrition at the Beata María Ana Hospital
- ♦ Specialist in Endocrinology at the University Hospital 12 de Octubre
- ♦ Degree in Medicine from the Complutense University of Madrid
- ♦ Postgraduate course in Treatment of Diabetes Mellitus Type 2 at the Autonomous University of Barcelona

Ms. López Escudero, Leticia

- ♦ Nutritionist at Diet La Clinic
- ♦ Clinical Dietician and Nutritionist at La Hospital university Fundación Jiménez Díaz
- ♦ Dietician and Clinical Nutritionist at the University Hospital Infanta Elena
- ♦ Lecturer in Graduate Studies Degree in Human Nutrition and Dietetics
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid

Dr. Fernández Menéndez, Amanda

- ♦ Doctor Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Diaz Hospital
- ♦ Specialist in Pediatrics, Centro de Salud Doctor Castroviejo(SERMAS)
- ♦ Attending physician specializing in Pediatric Endocrinology and Nutrition at La Paz University Hospital
- ♦ International Cooperation in Health and Development in India (development of health projects in the field)
- ♦ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ♦ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Expert in Clinical Bioethics from the Complutense University

Dr. Núñez Sanz, Ana

- ♦ López-Nava Obesity Nutritionist
- ♦ Nutritionist at Medicadiet
- ♦ Dietitian and nutritionist *freelancer*
- ♦ Dietitian and nutritionist at Menudiet, S.L
- ♦ Contributor on food and nutrition in Castilla La Mancha Television
- ♦ Promoter of talks and workshops on healthy eating for kindergartens, schools and companies
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master's Degree in Nutrition and Health at the Open Official of Catalonia

Dr. Prieto Moreno, Ana

- ♦ Nutritionist in the Department of Endocrinology and Nutrition at Hospital
- ♦ University Foundation Jimenez
- ♦ Nutritionist at the General Hospital of Villalba
- ♦ Nutritionist at the Infanta Elena University Hospital
- ♦ Nutritionist in the Superior Sports Council
- ♦ Nutritionist at WWF
- ♦ Nutritionist at Medicadiet
- ♦ Nutritionist at Sanitas Sociedad Anónima de Seguros
- ♦ Nutritionist at La Paz University Hospital
- ♦ Nutritionist at the Mapfre Foundation
- ♦ Nutritionist at Copernal Publishing
- ♦ Nutritionist in Diabetes Magazine
- ♦ Master in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- ♦ Master in Physical Anthropology, Human Evolution and Biodiversity at the Complutense University of Madrid
- ♦ Degree in Human Nutrition and Dietetics at the Autonomous University of Madrid

Dr. Gutiérrez Pernia, Belén

- ♦ Nutritionist in Obesity at Medicadiet
- ♦ López-Nava Obesity Nutritionist. Madrid
- ♦ Dietitian and Nutritionist in Research Projects of PREDIMED plus
- ♦ Grade in Human Nutrition and Dietetics from the Autonomous University of Madrid
- ♦ Master in Clinical Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences

Ms. Labeira Candel, Paula

- ♦ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ♦ Sports and clinical nutritionist at the Clinic, Instituto de Sobrepeso y Obesidad
- ♦ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ♦ Sports Nutritionist at CF TrivalValderas of Alcorcón
- ♦ Food and water quality analyst in the Andalusian Health Service
- ♦ Diploma in Human Nutrition and Dietetics at the Pablo Olavide University of Seville
- ♦ Bachelor 's Degree in Food Science and Technology
- ♦ Diploma in Human Nutrition and Dietetics
- ♦ Master's Degree in Sports Training and Nutrition at the European University of Madrid

Dr. Miguélez González, María

- ♦ Attending Physician of Endocrinology and Nutrition at the Jiménez Díaz Foundation. of Madrid
- ♦ Degree in Medicine from the University of Valladolid
- ♦ Collaborating lecturer in the subject of Ophthalmology at the Complutense University of Madrid
- ♦ Professor of the Master Expert in Obesity and Metabolic Complications, endorsed by SEEDO

04

Structure and Content

For the development of this program, TECH has taken into account the professional criteria of the teaching team, who have provided the most dynamic and current content related to the areas of Nutrition and Diet Therapy and focused on the field of Medicine. In this way, it has been possible to create an innovative, theoretical and practical syllabus, which will also be accompanied by hours of high quality additional material, including detailed videos and clinical cases of real patients. In this way, the graduates can be personally involved in the academic experience, while ensuring highly successful outcomes for their professional careers.



“

You will have a specific module dedicated to nutrition in autoimmune diseases such as psoriasis or lupus, so that you can keep up to date with the latest news”

Module 1. Nutrition in Childhood and Adolescence

- 1.1. Causes and Interrelated Factors of Childhood Obesity
 - 1.1.1. Obesogenic Environment in Childhood
 - 1.1.2. Assessment of Individual, Family and Socioeconomic Problems
- 1.2. Risks of Childhood Obesity
 - 1.2.1. Prevention and Adapted Diet Therapy
 - 1.2.2. Physical Activity and Physical Exercise
- 1.3. Nutritional Education
 - 1.3.1. Nutritional Recommendations
 - 1.3.2. Personalized Calculation of Plans for the Treatment of Childhood and Adolescent Obesity
- 1.4. Dietary Patterns and Food Recommendations
 - 1.4.1. Consultation Tools
- 1.5. Genetic Alterations and Predisposition to Obesity in Children and Adults
- 1.6. Prevention and Management of Other Eating Disorders in Children and Adolescents
- 1.7. Psychological Aspects of Childhood Obesity in Nutritional Consultation
- 1.8. Nutrition in special situations: celiac disease. Food Allergy
- 1.9. Nutrition in special situations: Diabetes and Dyslipemia
- 1.10. Nutrition and Growth Disorders
 - 1.10.1. Nutrition in Later Stages of the Preterm or SGA Patient

Module 2. Nutrition in Dysfunctions and Pathologies along the Digestive Tract

- 2.1. Digestive History, and Assessment of Variables, Symptomatology and Previous Eating Habits
- 2.2. Mouth: Nutrition in Mucositis, Xerophthalmia, Dysphagia, and Oral Dysbiosis
- 2.3. Esophagus: Nutrition in Gastroesophageal Reflux Disease and Barret's Esophagus
- 2.4. Stomach: Nutrition in Gastritis, Hiatus Hernia, Dyspepsia, *Helicobacter Pylori* Infection
- 2.5. Constipation and Symptomatology
 - 2.5.1. Associated Pathologies
- 2.6. Acute and Chronic Diarrhea





- 2.7. Inflammatory Bowel Diseases
- 2.8. Differentiation between Malabsorption, Intolerances and Allergies
 - 2.8.1. Enzyme Deficiency and Immune System
 - 2.8.2. Diet Low in Histamine and DAO Deficiency
- 2.9. Dysbiosis, Bacterial Overgrowth and Nutrient Malabsorption
- 2.10. Celiac Disease and Non-Celiac Gluten Sensitivity (NCGS)

Module 3. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- 3.1. Type 1 Diabetes
 - 3.1.1. Nutrition in Insulin-Dependent Patients
- 3.2. Insulin Resistance and Type 2 Diabetes
- 3.3. Nutrition in Thyroid Disorders
 - 3.3.1. Hypothyroidism
 - 3.3.2. Hyperthyroidism
- 3.4. Nutrition and Circadian Rhythms: Chronobiology
- 3.5. Nutrition in the Physiological Menstrual Cycle and its Alterations
 - 3.5.1. Amenorrhea
 - 3.5.2. Polycystic Ovary Syndrome
 - 3.5.3. Endometriosis
- 3.6. Nutrition in Autoimmune Pathology
 - 3.6.1. Rheumatoid Arthritis
 - 3.6.2. Psoriasis
 - 3.6.3. Lupus
- 3.7. Muscle
 - 3.7.1. Sarcopenia
- 3.8. Bone Health
 - 3.8.1. Osteopenia
 - 3.8.2. Osteoporosis
- 3.9. Nutrition in Pulmonary Pathologies
 - 3.9.1. Cystic fibrosis
 - 3.9.2. COPD
 - 3.9.3. Obstructive Sleep Apnea Syndrome (OSAS)
- 3.10. Chronic Fatigue, Anemia and Vitamin D Deficiency

05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



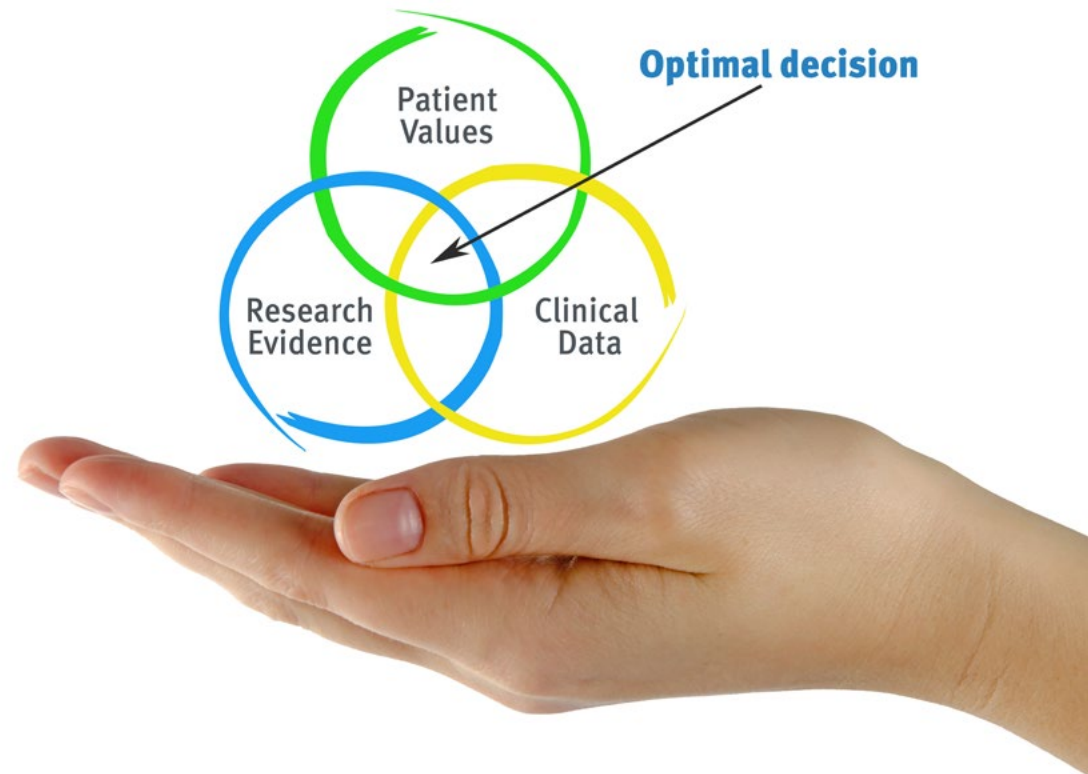
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

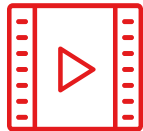
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



Interactive Summaries

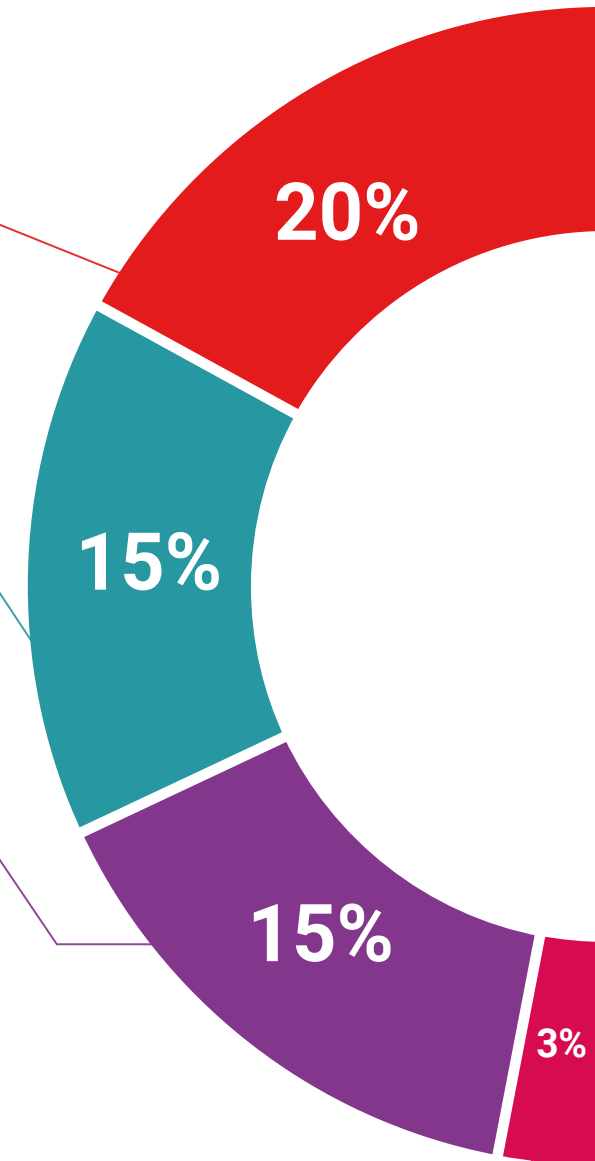
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

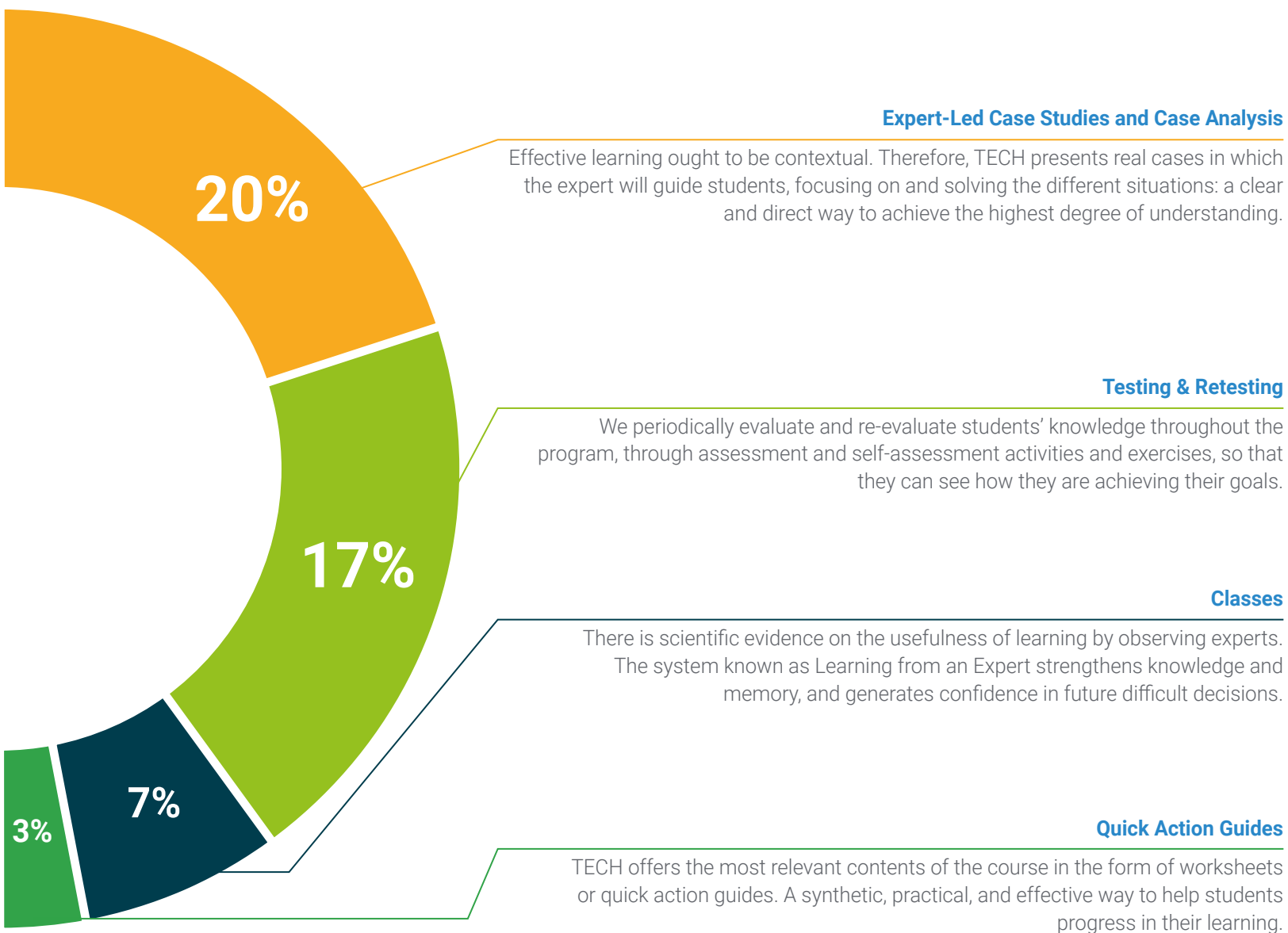
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





06 Certificate

The Postgraduate Diploma in Nutrition in Infancy and Pathologies of the Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



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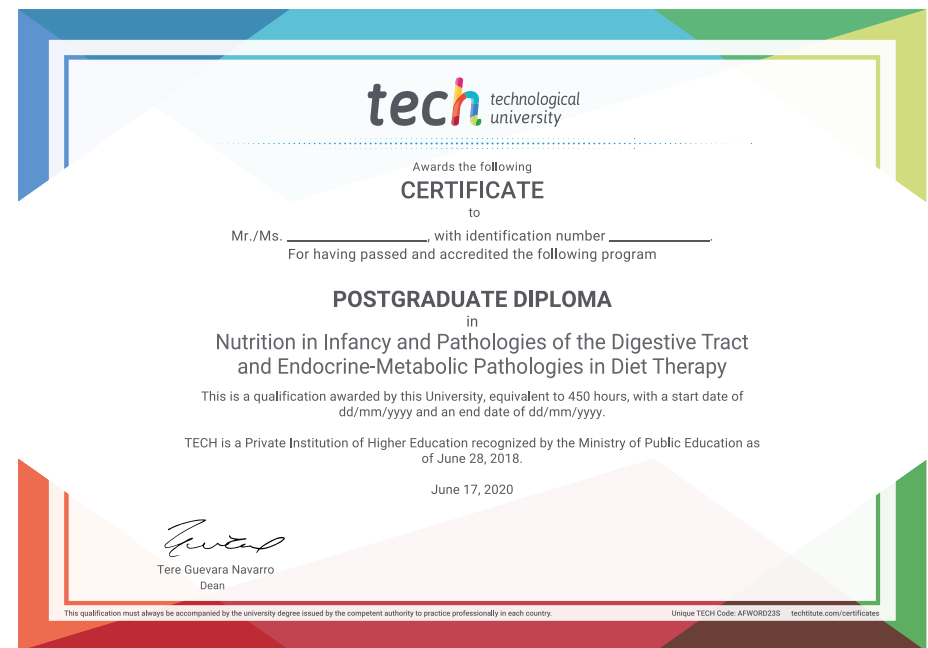
Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This **Postgraduate Diploma in Nutrition in Infancy and Pathologies of the Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Nutrition in Infancy and Pathologies of the Digestive Tract and Endocrine-Metabolic Pathologies in Diet Therapy**
Official N° of Hours: **450 h.**



*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

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