

# Master's Degree

## Diet Therapy



## Master's Degree Diet Therapy

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/masters-degree/master-diet-therapy](http://www.techtitute.com/us/medicine/masters-degree/master-diet-therapy)

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# 01

# Introduction

Diet Therapy has become fundamental in medical practice, especially in recent years, due to the advances that have been made in nutrition, as well as based on the beneficial results that have been demonstrated by the inclusion of certain foods in the diets of patients with diseases such as renal, cardiac, those related to obesity or sedentary lifestyle, psychological disorders, among others. That is why specialists must know in detail the latest developments related to this field, in order to be able to offer personalized care tailored to the needs of each person. For this reason, TECH has decided to create this program for them. This is a 100% online program with which you will be able to get up to date in a comfortable, fast and dynamic way, without neglecting your practice.



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*You have before you the opportunity you were looking for to get updated from the comfort of your home or in the break of your practice on the latest news related to Diet Therapy and Medicine”*

The increasing frequency of diseases such as obesity, as well as pathologies derived from sedentary lifestyles, have motivated nutritional research with the aim of establishing dietary guidelines to help regulate and improve the health of this type of patients. However, the benefits of an adapted and specific diet have also been demonstrated in patients with various diseases such as renal, cardiac or even psychological, who, in a short time, have managed to improve their health through the nutritional contribution that their system demands.

That is why this field has taken, especially in recent years, special relevance in the medical sector, since these specialists must also use these techniques as an alternative or complement to drugs and with the objective, always, of trying to improve the health of their patient. However, the vortex to which these professionals are subjected in their day-to-day practice work makes it difficult for them to keep up to date in this regard. TECH is aware of this situation, which is why it has for which it has decided to launch this Master's Degree in Diet Therapy.

It is a complete and exhaustive program designed by experts in the sector who have taken into account the most cutting-edge and accurate information, based on scientific evidence from the most reliable sources in the field of Medicine and Nutrition. For this reason, the students who access this program will find in it a dynamic and current syllabus, which meets the requirements of their demand and also includes real clinical cases with which they can put into practice and improve their professional skills and competencies.

A 100% online program with which you will be able to update your knowledge in a personalized way, without classroom classes or restricted schedules and in which, in addition, you will have access to all the content from the first day. You will be able to download it and organize it based on your own availability so that you can get the most out of this academic experience.

This **Master's Degree 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 Medicine
- ◆ 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 self-assessment can be used 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



*This program will enable you to adapt the diet of your patients based on the latest scientific evidence in the field of Diet Therapy”*

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*In the Virtual Classroom you will find hours of additional material in different formats so that you can expand the syllabus as you wish and need”*

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.

*A 100% online program, with no schedules or on-site classes, so that you can combine the consultation with your update without difficulty.*

*The Master's Degree includes nutritional adaptation to patients with renal, hepatic and pancreatic diseases, among others.*



# 02 Objectives

Given the importance of nutrition in the field of Medicine, TECH has developed this Master's Degree with the aim that the graduate who enrolls in it will find the best content and all the necessary academic tools that allow him/her to get up to date in everything related to Diet Therapy applied to this specialty. In this way, you will be able to implement the latest specifications in your practice, offering your patients the best and most avant-garde nutritional strategies.







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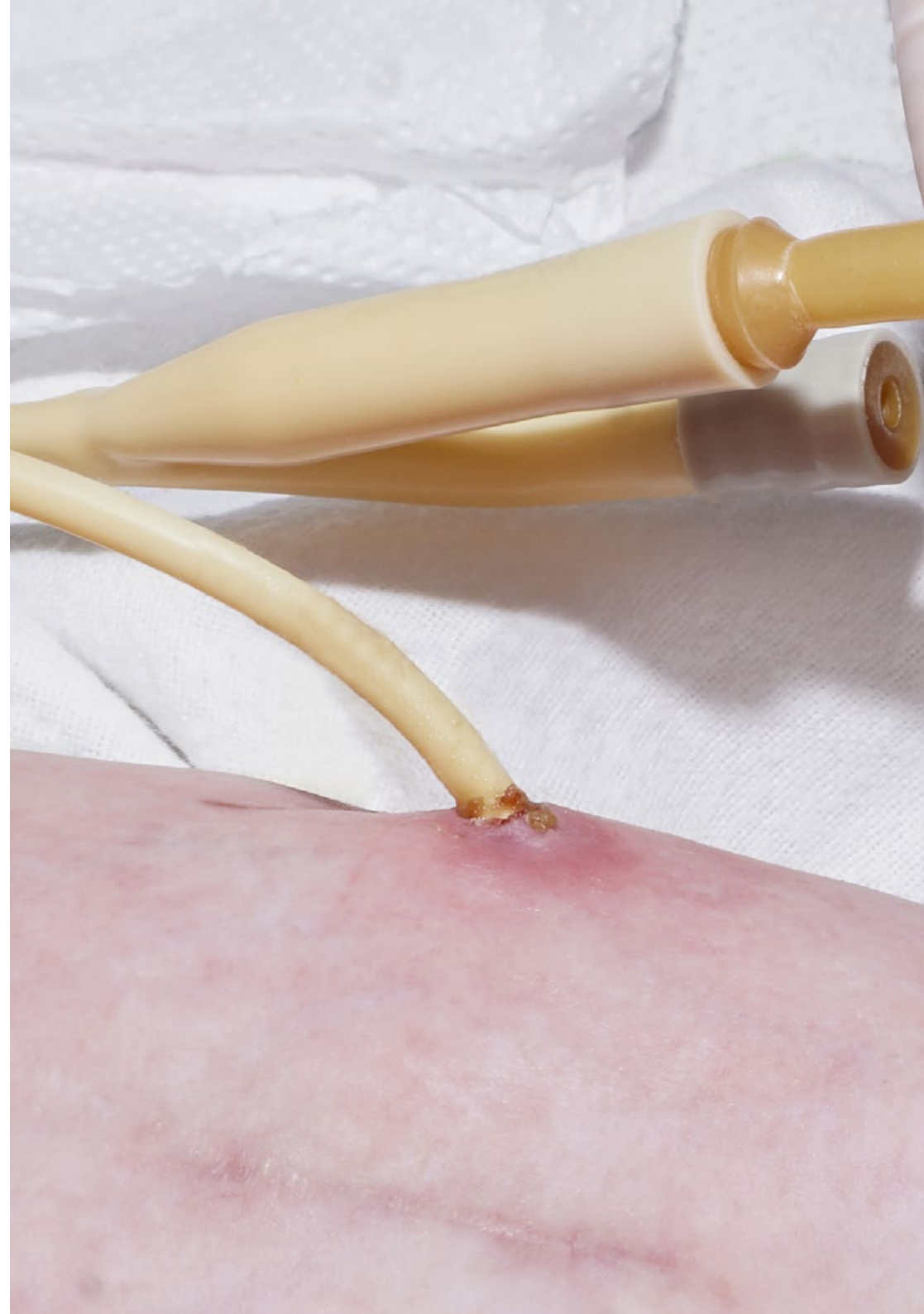
*You will be able to achieve your academic goals in less time than you think thanks to the quality of the syllabus and the innovative tools that TECH will put at your disposal”*



## General Objectives

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- ◆ 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





## Specific Objectives

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### **Module 1. Nutrition, Health and Disease Prevention: Current Issues and Recommendations for the General Population**

- ◆ Analyze patient's eating habits, as well as their problems and motivation
- ◆ Update nutritional recommendations based on scientific evidence for their application in clinical practice
- ◆ Prepare for the design of nutritional education strategies and patient care

### **Module 2. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring**

- ◆ Adequate assessment of the clinical case, interpretation of causes and risks
- ◆ Personalized calculation of nutritional plans taking into account all individual variables
- ◆ Planning nutritional plans and models for a complete and practical recommendation

### **Module 3. Nutrition in Overweight, Obesity and their Comorbidities**

- ◆ Adequate assessment of the clinical case, interpretation of causes of overweight and obesity, comorbidities and risks
- ◆ Calculate and individually prescribe the different models of hypocaloric diets
- ◆ Plan consultations and multidisciplinary team in obesity

### **Module 4. 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 5. 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 6. Nutrition in Renal, Hepatic and Pancreatic Diseases**

- ◆ Update knowledge of renal, hepatic and pancreatic functions and pathologies, and their relationship with nutrition
- ◆ Assess clinical cases, application tools in nutrition consultation
- ◆ Plan nutritional treatments based on scientific evidence and assessment of evolution

### **Module 7. 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

### **Module 8. Nutrition in Nervous System Pathologies**

- ◆ Update on the scientific evidence of the relationship between nervous system pathologies and nutrition
- ◆ Assess the patient's needs and difficulties, in addition to an adequate assessment of the nutritional status
- ◆ Learn the main psychological aspects of patients with alterations of behavioral disorders

### **Module 9. Oncology Patient Nutrition**

- ◆ Know how this pathology affects the nutritional level, from the organic, psychological and metabolic point of view
- ◆ Identify malnutrition in the context of a neoplastic disease as the only pathology or in the pluripathological patient, as well as to prevent them
- ◆ Personalize the nutritional treatment, covering the needs of the patient in antineoplastic treatment, and/or surgeries



### Module 10. Nutrition for Health, Equity and Sustainability

- ◆ Analyze the scientific evidence regarding the impact of food on the environment
- ◆ Learn about current legislation in the food industry and consumption
- ◆ Assess the health effects derived from the current food model and the consumption of ultra-processed food

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*You will be able to get up to date on diets to prevent and treat sarcopenia and osteopenia in a complementary way through specific nutrition”*

# 03 Skills

This program has been designed in such a way that graduates who enroll in it will be able to perfect their medical skills through practice with real clinical cases taken from the day-to-day practices of professionals. In this way, they will be able to implement in their practice the most avant-garde strategies and the latest knowledge in Diet Therapy, being able to increase the treatment offer to their patients and guaranteeing a treatment adapted to the latest scientific developments in the nutrition sector.





“A unique opportunity to perfect your professional skills in a theoretical and practical way and through a degree adapted to the needs of the medical profession”



## General Skills

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- ◆ Perform comprehensive nutritional assessments that take into account the psychological, social and pathological aspects of the patient
- ◆ Adapt dietary plans to the most recent advances in Diet Therapy
- ◆ Apply diets and dietary therapy planning to the field of prevention, clinic and education

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*You will have the most updated knowledge to create a flexible and personalized nutritional plan according to the patient's own demands”*







## Specific Skills

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- ◆ Detect the patient's nutritional risks and needs from a holistic point of view
- ◆ Plan consultations, treatment goals, and techniques focused on improving adherence
- ◆ Perform dietary planning and assess psychological and quality of life aspects with adapted dietary recommendations
- ◆ Plan nutritional treatment based on scientific evidence in pathologies of the digestive system
- ◆ Plan nutritional treatment, supplementation and/or substitutes
- ◆ Plan menus for collectivities
- ◆ Apply dietary measures to improve symptoms and quality of life
- ◆ Integrate the concept of sustainability in the recommendation of healthy eating

# 04

# Course Management

Para TECH, contar con un equipo docente especializado en el área en el que se base la titulación es un aspecto fundamental para poder ofrecer una experiencia académica completa y dinámica. For this reason, a group of professionals in the fields of Nutrition and Endocrinology with a wide and extensive professional experience in the sector have been chosen for the elaboration of the faculty of this Master's Degree. It is a group of experts committed to the professional who will do everything possible to make the most of this program.





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*The teaching team will raise debates in the Virtual Classroom forum in which you can include your opinion and learn about the opinions of other professionals like you”*

## 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 García 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 in Obesity and its Comorbidities. Rey Juan Carlos University
- ♦ Professor at the Course of Excellence in Obesity at the Fundación Jimenez 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. 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. 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

### 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 in 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

**Ms. Yela Salguero, Clara**

- ◆ Dietitian Coordination of Clinical Trials
- ◆ Dietician at the Fundación Jiménez Díaz Hospital
- ◆ Clinical Trials Coordinator at the Ramón y Cajal Hospital
- ◆ Dietitian at the Severo Ochoa Hospital, in Leganés
- ◆ Dietitian in the Integral Obesity Treatment Unit at the San José Hospital in Madrid
- ◆ Postgraduate Certificate in Human Nutrition and Dietetics at Alfonso X El Sabio University
- ◆ Degree in Food Science and Technology at the Complutense University of Madrid

**Dr. Sanz Martínez, Enrique**

- ◆ Clinical Nutritionist at the University Hospital General de Villalba and Rey Juan Carlos University Hospital
- ◆ Dietitian in the project PLUS researcher in the Health Research Institute of the Jiménez Díaz Foundation
- ◆ Researcher and collaborator in the NUTRICOVID study
- ◆ Researcher and collaborator in the cross-sectional prospective OBESTIGMA study
- ◆ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ◆ Master's Degree in Clinical Nutrition at the Catholic University of San Antonio in Murcia
- ◆ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos

**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
- ◆ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ◆ Master's Degree in Nutrition in Physical Activity and Sport, Open University of Catalunya (UOC)

**Dr. Alcarria Águila, María del Mar**

- ◆ Nutritionist Clinical Symptoms at Medicadiet
- ◆ López-Nava Obesity Nutritionist
- ◆ Dietician and Nutritionist at Predimed-Plus
- ◆ Grade in Human Nutrition and Dietetics from the Complutense University of Madrid
- ◆ Master in Rehabilitation Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences.(ICNS)

**Dr. Gutiérrez Pernia, Belén**

- ◆ Nutritionist in Obesity at Medicadiet
- ◆ López-Nava Obesity Nutritionist. Madrid
- ◆ Dietician 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

**Ms. Manso del Real, Paula**

- ◆ Deputy Director of Nursing at the Íñigo Álvarez de Toledo Renal Foundation
- ◆ Nursing Supervisor of the Dialysis Unit of the Íñigo Álvarez de Toledo Renal Foundation
- ◆ Nephrology Nurse at the Nephrology Unit of the Fundación Jiménez Díaz University Hospital
- ◆ Diploma in Nursing at the Francisco de Vitoria University
- ◆ Degree in International Cooperation and Health Promotion at the Francisco de Vitoria University
- ◆ Degree in International Cooperation and Health Promotion at the Francisco de Vitoria University
- ◆ Master's Degree in Hemodialysis for Nurses at the Complutense 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

**Dr. Modroño Móstoles, Naiara**

- ◆ Specialist in Endocrinology
- ◆ Doctor Specialist in Pediatric Endocrinology and Nutrition at the Foundation Jimenez Diaz Hospital
- ◆ Doctor Specialist in Endocrinology the Infanta Elena University Hospital
- ◆ Doctor Specialty in Endocrinology at the University Hospital of Getafe
- ◆ Author of various articles published in scientific journals
- ◆ Postgraduate Certificate in Treatment of Diabetes Mellitus Type 2 at the Autonomous University of Barcelona

**Dr. González Toledo, Beatriz María**

- ◆ Nurse expert in Hemodialysis and Nutrition and Health
- ◆ Nephrology Nurse Unit of the Fundación Jiménez Díaz Hospital
- ◆ Nurse Director of Dialysis at the Íñigo Álvarez de Toledo Renal Foundation
- ◆ Master's Degree in Hemodialysis for Nurses at the Complutense University of Madrid
- ◆ Master's Degree in Nutrition and Health at the Open University of Catalonia
- ◆ Graduate in Nursing from the Autonomous University of Madrid
- ◆ Postgraduate Diploma in Peritoneal Dialysis for Nurses at Cardenal Herrera University

05

# Structure and Content

TECH has developed this 100% online program taking into account, first of all, the criteria of the teaching team, who, in addition to actively participating in the development of the syllabus, has selected hours of additional material. All the content chosen has been adapted to the prestigious, innovative and effective *Relearning* methodology in whose use this university is a pioneer, and which is based on reiterating the most important concepts in order to favor a natural and progressive updating of knowledge.





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*Do not hesitate. Enroll now and start whenever you want a degree that will allow you not only to get up to date in terms of Diet Therapy, but will allow you to increase the quality of service to your patients”*

## Module 1. Nutrition, Health and Disease Prevention: Current Issues and Recommendations for the General Population

- 1.1. Feeding Habits in the Current Population and Health Risks
- 1.2. Mediterranean and Sustainable Diet
  - 1.2.1. Recommended Dietary Pattern
- 1.3. Comparison of Dietary Patterns or "Diets"
- 1.4. Nutrition in Vegetarians
- 1.5. Childhood and Adolescence
  - 1.5.1. Nutrition, Growth and Development
- 1.6. Adults
  - 1.6.1. Nutrition for the Improvement of Quality of Life
  - 1.6.2. Prevention
  - 1.6.3. Treatment of disease
- 1.7. Pregnancy and Lactation Recommendations
- 1.8. Recommendations in Menopause
- 1.9. Advanced Age
  - 1.9.1. Nutrition in Aging
  - 1.9.2. Changes in Body Composition
  - 1.9.3. Abnormalities
  - 1.9.4. Malnutrition
- 1.10. Nutrition in Athletes

## Module 2. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring

- 2.1. Medical History and Background
  - 2.1.1. Individual Variables Affecting Nutritional Plan Response
- 2.2. Anthropometry and Body Composition
- 2.3. Assessment of Eating Habits
  - 2.3.1. Nutritional Assessment of Food Consumption
- 2.4. Interdisciplinary Team and Therapeutic Circuits
- 2.5. Calculation of Energy Intake
- 2.6. Calculation of Recommended Macro- and Micronutrient Intakes

- 2.7. Quantity and Frequency of Food Consumption Recommendations
  - 2.7.1. Dietary Patterns
  - 2.7.2. Planning
  - 2.7.3. Distribution of Daily Feedings
- 2.8. Diet Planning Models
  - 2.8.1. Weekly Menus
  - 2.8.2. Daily Intake
  - 2.8.3. Methodology by Food Exchanges
- 2.9. Hospital Nutrition
  - 2.9.1. Dietary Models
  - 2.9.2. Decision Algorithms
- 2.10. Educational
  - 2.10.1. Psychological Aspects
  - 2.10.2. Maintenance of Feeding Habits
  - 2.10.3. Discharge Recommendations

## Module 3. Nutrition in Overweight, Obesity and their Comorbidities

- 3.1. Pathophysiology of Obesity
  - 3.1.1. Precision Diagnosis
  - 3.1.2. Analysis of Underlying Causes
- 3.2. Phenotypic Diagnosis
  - 3.2.1. Body Composition and Calorimetry and Impact on Personalized Treatment
- 3.3. Treatment Target and Hypocaloric Diet Models
- 3.4. Prescription of Physical Exercise in Overweight and Obesity
- 3.5. Psychology Associated with Slimming Nutrition: Psychonutrition
- 3.6. Comorbidities Associated with Obesity
  - 3.6.1. Nutritional Management in Metabolic Syndrome
  - 3.6.2. Insulin Resistance
  - 3.6.3. Type 2 Diabetes and Diabetes
- 3.7. Cardiovascular Risk and Nutritional Adaptations in Hypertension, Dyslipidemias and Atherosclerosis
- 3.8. Digestive Pathologies Associated with Obesity and Dysbiosis
- 3.9. Pharmacological Treatment in Obesity and Drug-Nutrient Interactions and Adaptation of the Nutritional Plan
- 3.10. Bariatric and Endoscopic Surgery
  - 3.10.1. Nutritional Adaptations



#### Module 4. Nutrition in Childhood and Adolescence

- 4.1. Causes and Interrelated Factors of Childhood Obesity
  - 4.1.1. Obesogenic Environment in Childhood
  - 4.1.2. Assessment of Individual, Family and Socioeconomic Problems
- 4.2. Risks of Childhood Obesity
  - 4.2.1. Prevention and Adapted Diet Therapy
  - 4.2.2. Physical Activity and Physical Exercise
- 4.3. Nutritional Education
  - 4.3.1. Nutritional Recommendations
  - 4.3.2. Personalized Calculation of Plans for the Treatment of Childhood Adolescent Obesity
- 4.4. Dietary Patterns and Food Recommendations
  - 4.4.1. Consultation Tools
- 4.5. Genetic Alterations and Predisposition to Obesity in Children and Adults
- 4.6. Prevention and Management of Other Eating Disorders in Children and Adolescents
- 4.7. Psychological Aspects of Childhood Obesity in Nutritional Consultation
- 4.8. Nutrition in special situations: celiac disease. Food Allergy
- 4.9. Nutrition in special situations: Diabetes and Dyslipemia
- 4.10. Nutrition and Growth Disorders
  - 4.10.1. Nutrition in Later Stages of the Preterm or SGA Patient

#### Module 5. Nutrition in Dysfunctions and Pathologies along the Digestive Tract

- 5.1. Digestive History, and Assessment of Variables, Symptomatology and Previous Eating Habits
- 5.2. Mouth: Nutrition in Mucositis, Xerophthalmia, Dysphagia, and Oral Dysbiosis
- 5.3. Esophagus: Nutrition in Gastroesophageal Reflux Disease and Barret's Esophagus
- 5.4. Stomach: Nutrition in Gastritis, Hiatus Hernia, Dyspepsia, *Helicobacter Pylori* Infection
- 5.5. Constipation and Symptomatology
  - 5.5.1. Associated Pathologies
- 5.6. Acute and Chronic Diarrhea
- 5.7. Inflammatory Bowel Diseases
- 5.8. Differentiation between Malabsorption, Intolerances and Allergies
  - 5.8.1. Enzyme Deficiency and Immune System
  - 5.8.2. Diet Low in Histamine and DAO Deficiency
- 5.9. Dysbiosis, Bacterial Overgrowth and Nutrient Malabsorption
- 5.10. Celiac Disease and Non-Celiac Gluten Sensitivity (NCGS)

## Module 6. Nutrition in Renal, Hepatic and Pancreatic Diseases

- 6.1. Nutrients
  - 6.1.1. Enzymatic Activity, Metabolism, Filtration and Diuresis
- 6.2. Habits, Risks, Previous and Causative Comorbidities, and Assessment of Feeding Habits
- 6.3. Nutrition in CKD: Predialysis
- 6.4. Nutrition in CKD: Dialysis: Renal Transplantation
- 6.5. Diabetic Nephropathy
- 6.6. Renal Lithiasis
- 6.7. Pancreatic Insufficiency
- 6.8. Non-Alcoholic Hepatic Steatosis, Fibrosis, Hepatic Cirrhosis and Vesicular Lithiasis
- 6.9. Modulation of the Intestinal Microbiota in Renal, Pancreatic and Hepatic Pathology
- 6.10. Psychological Aspects and Planning of Objectives and Consultations

## Module 7. Nutrition in Endocrine-Metabolic and Autoimmune Pathologies

- 7.1. Type 1 Diabetes
  - 7.1.1. Nutrition in Insulin-Dependent Patients
- 7.2. Insulin Resistance and Type 2 Diabetes
- 7.3. Nutrition in Thyroid Disorders
  - 7.3.1. Hypothyroidism
  - 7.3.2. Hyperthyroidism
- 7.4. Nutrition and Circadian Rhythms: Chronobiology
- 7.5. Nutrition in the Physiological Menstrual Cycle and its Alterations
  - 7.5.1. Amenorrhea
  - 7.5.2. Polycystic Ovary Syndrome
  - 7.5.3. Endometriosis
- 7.6. Nutrition in Autoimmune Pathology
  - 7.6.1. Rheumatoid Arthritis
  - 7.6.2. Psoriasis
  - 7.6.3. Lupus
- 7.7. Muscle
  - 7.7.1. Sarcopenia
- 7.8. Bone Health
  - 7.8.1. Osteopenia
  - 7.8.2. Osteoporosis

- 7.9. Nutrition in Pulmonary Pathologies
  - 7.9.1. Cystic fibrosis
  - 7.9.2. COPD
  - 7.9.3. Obstructive Sleep Apnea Syndrome (OSAS)
- 7.10. Chronic Fatigue, Anemia and Vitamin D Deficiency

## Module 8. Nutrition in Nervous System Pathologies

- 8.1. Nutrition in the Prevention of Cognitive Impairment, Dementia and Alzheimer's Disease
- 8.2. Nutrition and Psychoaffective Pathologies
  - 8.2.1. Depression
  - 8.2.2. Bipolar Disorder
- 8.3. Pathologies with Altered Eating Behavior
  - 8.3.1. Schizophrenia
  - 8.3.2. Borderline Personality Disorder
- 8.4. Eating disorder
  - 8.4.1. Anorexia
  - 8.4.2. Bulimia
  - 8.4.3. BED
- 8.5. Nutrition in Degenerative Pathologies
  - 8.5.1. Multiple Sclerosis
  - 8.5.2. Amyotrophic Lateral Sclerosis
  - 8.5.3. Muscular Dystrophies
- 8.6. Nutrition in Pathologies with Uncontrolled Movement
  - 8.6.1. Parkinson's Disease
  - 8.6.2. Huntington's Disease
- 8.7. Nutrition in Epilepsy
- 8.8. Nutrition in Neuralgias
  - 8.8.1. Chronic Pain
- 8.9. Nutrition in Severe Neurological Injuries
- 8.10. Toxics, Bioactive Compounds, Intestinal Microbiota and their Relationship to Nervous System Diseases

## Module 9. Oncology Patient Nutrition

- 9.1. Pathophysiology of Cancer
- 9.2. Relationship of Cancer with Eating Habits and Potential Carcinogens
- 9.3. Assessment of Nutritional Status in the Oncologic Patient
- 9.4. Nutrient-Antineoplastic Treatment Interaction
  - 9.4.1. Specific Changes in the Most Frequently Used Antineoplastic Agents
- 9.5. Psychological Aspects in the Patient and General Nutritional Recommendations in the Oncology Patient
- 9.6. Nutrition in the Appetite and Swallowing Alterations Caused by the Pathology or Treatments
  - 9.6.1. Anorexia
  - 9.6.2. Dysgeusia
  - 9.6.3. Dysphagia
  - 9.6.4. Mucositis
  - 9.6.5. Xerostomia
- 9.7. Nutrition in Digestive Disorders Caused by Pathology or Treatments
  - 9.7.1. Malabsorption
  - 9.7.2. Diarrhea
  - 9.7.3. Dysbiosis
  - 9.7.4. Constipation
- 9.8. Nutrition in Metabolic Alterations Caused by the Pathology: Cachexia
- 9.9. Nutrition Before and After Oncological Surgery
  - 9.9.1. Head and Neck
  - 9.9.2. Esophageal
  - 9.9.3. Gastric
  - 9.9.4. Pancreaticobiliary
  - 9.9.5. Small and Large Intestine
- 9.10. Hospital Nutrition
  - 9.10.1. Oral
  - 9.10.2. Enteral
  - 9.10.3. Parenteral

## Module 10. Nutrition for Health, Equity and Sustainability

- 10.1. Sustainable Nutrition, Food Variables Influencing the Ecological Footprint
  - 10.1.1. Carbon Footprint
  - 10.1.2. Water Footprint
- 10.2. Food Waste as an Individual Problem and as a Problem Associated with the Food Industry
- 10.3. Biodiversity Loss at Different Levels and its Impact on Human Health: Microbiota
- 10.4. Toxics and Xenobiotics in Food and their Effects on Health
- 10.5. Current Food Legislation
  - 10.5.1. Labeling, Additives and Regulatory Proposals in Marketing and Advertising
- 10.6. Nutrition and Endocrine Disruptors
- 10.7. The Global Obesity and Malnutrition Epidemic, Associated with Inequity: "A Planet of Fat and Hungry People"
- 10.8. Feeding in Childhood and Youth and Habits Acquisition in Adulthood
  - 10.8.1. Ultraprocessed Foods and Beverages Other Than Water: A Population Problem
- 10.9. Food Industry, Marketing, Advertising, Social Networks and their Influence on Food Choice
- 10.10. Healthy, Sustainable and Non-Toxic Food Recommendations: Policy



*You will be able to learn in detail about the latest developments related to diet planning models and food exchange methodology*

06

# 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. Gérvas, 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.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 07 Certificate

The Master's Degree in Diet Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Master's Degree diploma issued by TECH Global University.





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

This program will allow you to obtain your **Master's Degree diploma in Diet Therapy** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra (**official bulletin**). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Master's Degree in Diet Therapy**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



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



## Master's Degree

### Diet Therapy

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

# Master's Degree

## Diet Therapy

