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| Course title             | <b>Dietary prevention of cardiovascular diseases</b>  |
| Lecturer                 | <i>Determined later</i>   |
| Lecturer's email address |   |
| Hours                    | <i>30</i>   |
| ECTS                     | <i>5</i>  |
| Academic year            | <i>2020/2021</i>  |
| Semester                 | <i>Winter / summer</i>  |
| Content                  | <ol style="list-style-type: none"> <li>1. Risk factors of cardiovascular diseases</li> <li>2. Basics of atherosclerosis pathology and the development of cardiovascular diseases</li> <li>3. Guidelines on recommended levels in the lipidogram (European Society of Cardiology)</li> <li>4. Food sources and effect of individual fat components on cardiovascular diseases development: <ul style="list-style-type: none"> <li>- saturated fatty acids</li> <li>- monounsaturated fatty acids</li> <li>- polyunsaturated fatty acids</li> <li>- trans fatty acids</li> <li>- fitosterols</li> <li>- cholesterol</li> </ul> </li> <li>1. Role of antioxidants in development cardiovascular diseases</li> <li>2. Role of spices in development cardiovascular diseases</li> <li>3. Role of nuts and seeds in development cardiovascular diseases</li> <li>4. Role of different fruit and vegetables components in development cardiovascular diseases</li> <li>5. Influence of coffee, different types of tea and alcohol on development cardiovascular diseases</li> <li>6. Safe diet supplementation in cardiovascular diseases</li> </ol> |
| Learning outcomes        | <p>At the end of the course the learner is expected to be able to:</p> <ol style="list-style-type: none"> <li>1. List type of food recommended and not recommended for the prevention of cardiovascular disease and explain why they are recommended or not</li> <li>2. Know basics of pathology cardiovascular diseases</li> </ol>   |

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|                        | <p>development</p> <p>3. Explain what safe supplementation is for cardiovascular disease</p>  |
| Selected literature    | <p>- publications from the pubmed database</p> <p>- Almudena Sánchez Villegas, Ana Sanchez-Taínta, The Prevention of Cardiovascular Disease through the Mediterranean Diet, 1st Edition, 2017, Academic Press</p> |
| Teaching tools/methods | <p>1) Lectures</p> <p>2) Group discussion</p> <p>3) Revision of material</p>  |
| Form of examination    | <p>Test of knowledge</p>  |