

# FOODS FOR PARTICULAR NUTRITIONAL USES

**Degree in Human Nutrition and Dietetics.**  
**Academic year 2026 / 27**

**Type of subject: Optional**

**Offered to:** students of 3rd / 4th year of the Degree of Nutrition and Dietetics, and all students of the Degree of Medicine and the Degree of Nursing

**Department:** Nutrition and Food Science

**ECTS:** 3

**Period:** 14th September 2026 – 18th December 2026

**Schedule:**

Tuesday, 12:30 a 13:30 h.

Friday: 11:30 a 12:30 h

**Place:** Room 1, School of Medicine of Sports, Faculty of Medicine, UCM

**MAXIMUM NUMBER OF STUDENTS:** 40

## PROFESSORS:

**Coordinator:** Prof<sup>a</sup> Dra. Sánchez Mata, M<sup>a</sup> Cortes  
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### Professors:

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## BRIEF DESCRIPTION

In this subject, the definitions, classification, regulation and uses of those foods traditionally called “Dietetic Foods”, or “for special nutritional purposes”, also considered as “special foods”. In this group, and according to current EU regulations, infant and young children foods, foods for special medical purposes and Diet replacement for weight control, are nowadays included. Also, gluten-free and lactose-free products, food supplements and other products traditionally considered under this special denomination are studied in this subject.

## COMPETENCES

### General Competences

CG 8.1

### Specific competences

CE.M7.1

CE.M7.2

CE.M7.3

CE.M7.4

CE.M7.5

## OBJECTIVES

The objective of this subject is to allow that students know different aspects related to special foods, a quite heterogeneous group highly demanded in the current society. This objective includes the nutritional evaluation of these products, establishing the different nutrients provided and the way they cover the nutritional requirement for different situations and pathologies in which they are used, as well as the conditions of use.

## CONTENTS

**Lesson 1.** Evolution of concepts and regulation of special foods.

**Lesson 2.** Foods for infant and young children. Infant and follow-on formula. Growing -up formula.

**Lesson 3.** Special formula for infants and young children.

**Lesson 4.** Cereal-based foods and baby foods for infants and young children

**Lesson 5.** Foods for special medical purposes. Types and uses.

**Lesson 6.** Food supplements. Evolution and regulation. Ingredients.

**Lesson 7.** Utilization of food supplements in different fisiological situations: pregnancy, breastfeeding. Elderly people.

**Lesson 8.** Dietetic foods and sport. Available products and supplements.

**Lesson 9.** Other food supplements. Hive products. Products based on fibers, fatty acids, pre and probiotics, antioxidants.

**Lesson 10.** Food for special diets. Gluten-free products.

**Lesson 11.** Sugar-free products.

**Lesson 12.** Lactose free products.

**Lesson 13.** Products to be used for the reduction of body weight. Diet replacement for weight control.

## LEARNING METHODOLOGY

- Theoretical lessons
- Seminars
- Elaboration of works
- Tutorships

## EVALUATION

- Final written exam (85 %): short and medium questions. It is mandatory to get a minimum score of 5/10.
- Attending and participation in Seminars (5%).
- Elaboration and oral presentation of a mandatory team-work related to the contents (10 %).

**Attitude to follow in the event of a voluntary or accidental infraction in the rules of conducting the exam.** The voluntary or accidental violation of the rules for conducting the exam exclude the student from the exam. Therefore, the offending student will take an oral exam of the subject to establish their knowledge of the subject. If intentionality in the deception is confirmed, it will be considered a very serious ethical breach, and the Services Inspectorate will be informed to take the disciplinary measures that it deems appropriate.

## BASIC REFERENCES

- Astiasarán, I. y Martínez, F. (2000), "Alimentos. Composición y propiedades", McGraw-Hill-Interamericana, Madrid.
- Astiasaran, I., Lasheras, B., Ariño, A. Y Martinez Hernandez, J.A. (2003). Alimentos y Nutrición en la Práctica Sanitaria. Ed. Diaz de Santos. Madrid

- Bello Gutiérrez, J. (2000), "Ciencia Bromatológica. Principios generales de los alimentos", Editorial Díaz de Santos, Madrid.
- Farré, E. y Villar, P. (2007), "La enfermedad celíaca paso a paso", Editorial Edebé, Barcelona.
- Federación de Asociaciones de Celíacos de España (2002), "Enfermedad celíaca. Manual del celíaco, 2ª ed., Editorial Gráficas Marte, Ministerio de Sanidad y Consumo, Madrid.
- Gutiérrez Durán, C. y Orzáez Villanueva, M<sup>a</sup>.T. (2003), "La información al consumidor en los productos dietéticos. Una aportación a la seguridad alimentaria", Editorial Díaz de Santos, Madrid.
- Illera Martín, M; Illera del Portal, J. e Illera del Portal, J.C. (2000), "Vitaminas y Minerales", Complutense. Madrid.
- López Van Dam, L. (2002), "Los suplementos alimenticios del siglo XXI", 2ª ed., Editorial Werner-Cosmos, S.L., Madrid.
- Marcos Sánchez, A.; Olmedilla Alonso, B. (2011) Suplementación nutricional. Ed. Agrícola Española. S.A.
- Mason, P. (2005), "Suplementos dietéticos", Pharma Editores, S.L., Barcelona.
- Polanco Allue, I (2008). Libro blanco de la Enfermedad Celiaca. Consejería de Sanidad de la Comunidad de Madrid
- Webb, G.P (2007) Complementos nutricionales y alimentos funcionales. E. Acribia. Zaragoza.

Approved by Department Board, on April 29<sup>th</sup>, 2026