**Public Health & community Medicine Department**

**An Easy Way to Plan Diets for Groups by Excel**

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| **Date** | Thursday |
| **Venue** | Public health department hall 1 |
| **Chairpersons** | **Prof. dr. Safenaz Shalaby.**  **Prof. dr. Nashwa Radwan.**  **Prof. dr. Nadira Mansour**. |
| **Objectives** | By the end of the workshop the participant will be able to:  1- Identify the role of diet planning in health and disease  2- Describe different tools of diet planning  3- Applying the excel sheet in:  a) Calculating the body mass index for a group of individuals  b) Classifying the group according to BMI  c) Calculating the total energy requirement for the group  d) Calculating the amount of calories needed for the three meals  e) Calculating the amounts of macronutrients in grams needed in each meal. |
| **Target group:** | All those interested in clinical nutrition especially in departments of public health, internal medicine, cardiology, pediatrics, and tropical medicine.  **To achieve the outcomes of the workshop, attendance must have their laptops with Microsoft Excel program.** |
| Schedule | |
| 09:00-09:30 am | Registration |
| 9:30 -9:50 am | Diet planning in health and disease  **Dr. Rania Elsalamy** |
| 9:50 -10:10 am | Tools of diet planning  **Dr. Mira Maged Abu-Elenin** |
| 10:10-12 pm | An Easy Way to Plan Diets for Groups by Excel  **Prof.dr. Nadira Mansour** |