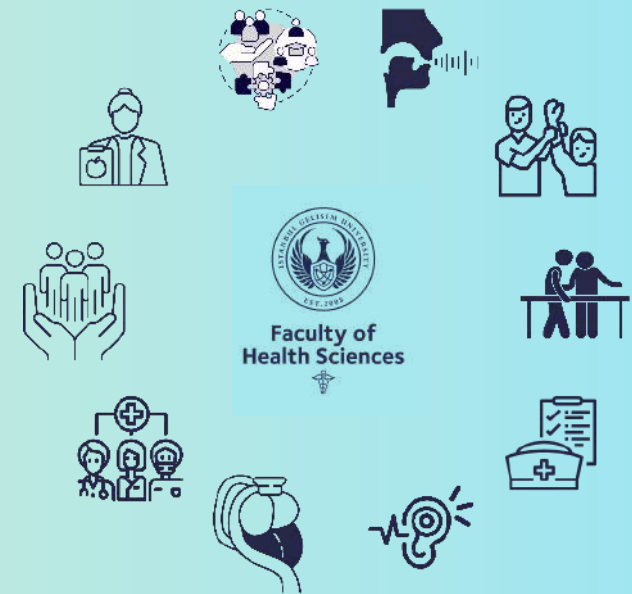




“The Department of Nutrition and Dietetics aims to bring together passionate young individuals with the science of nutrition, which is the key to a healthy life, and to train pioneering dietitians.”

Asst. Prof. H. Merve BAYRAM
Head of Department of Nutrition and
Dietetics



History of the Department

1962

Dietitian education in Türkiye was initiated at Hacettepe University by Prof. Dr. İhsan DOĞRAMACI.

1962

Ayşe BAYSAL played a pioneering role in the establishment of the department.

1963

The program initially opened under the name "Dietetics" has been changed to "Nutrition and Dietetics."

1969

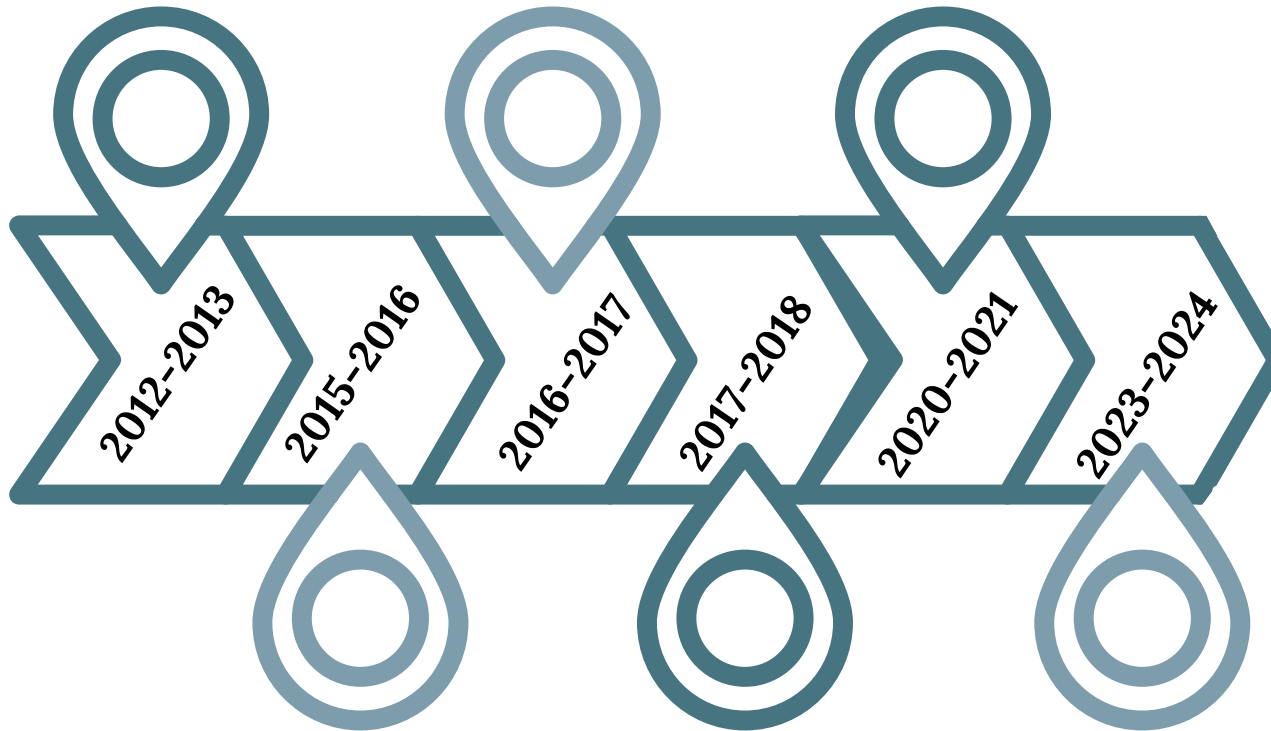
The Dietitians Association in Türkiye was established to unite professionals under one roof.

History

The Nutrition and Dietetics (TR) Department was established within the Istanbul Gelişim University School of Health Sciences.

A Non-Thesis Master's Program in Nutrition and Dietetics has been established.

On November 25, 2020, the "School of Health Sciences" was transformed into the "Faculty of Health Sciences."



The Nutrition and Dietetics (ENG) Department has started accepting students.

The Nutrition and Dietetics Department has been accredited by the Accreditation Agency in Health and Social Sciences (AHPGS).

Accreditation
renewal processes
have begun.



History

Nutrition and Dietetics Department Turkish Program

Asst. Prof. A. Yüksel
BARUT

2012-2014

Prof. Dr. Mustafa
NİZAMLIOĞLU

Asst. Prof.
Yonca SEVİM

2014-2017

2017-2018

Asst. Prof. Semiha
YALÇIN

Asst. Prof. Ayşe Huri
ÖZKARABULUT

2018-2020

2020-2022

Asst. Prof. Başak
Gökçe ÇÖL

Nutrition and Dietetics Department English Program

Asst. Prof. Başak Gökçe
ÇÖL

2016-2024

2024

Asst. Prof. H. Merve BAYRAM
Head of the Department of Nutrition and Dietetics
Turkish and English Programs

As the Nutrition and Dietetics Department, we are excited to welcome all students who wish to explore the fundamental elements of healthy living. Here, our students learn new and effective approaches that support human health by integrating nutrition science, dietetics, and health technologies.



With an approach that encompasses various disciplines, we ensure that our students gain in-depth knowledge not only about the importance of nutrition but also about the effects of nutrients on metabolism, the prevention and treatment of diseases, and other related topics.



The focus of our curriculum is to understand the relationship between nutrition and health and to convey this knowledge to our students.

Thus, our students not only learn the fundamental principles of nutrition but also understand the social dynamics surrounding them and integrate this understanding into their professional practices. Along this path, we provide a supportive environment to foster the curiosity and talents of our students.



Aim of the Department

The primary aim of our department is to train dietitians who adhere to national and international professional standards and uphold ethical values.

These qualifications encompass areas such as organizing individual and collective nutrition plans based on the principles of nutrition science, researching health issues related to food and nutrition, planning and monitoring medical nutrition therapies, educating individuals and communities about nutrition, ensuring the sustainable and healthy use of food resources, and conducting food inspections.

Future of the Department

By following developments in the health industry and continuing to offer innovative solutions in the fields of nutrition science and dietetics, the Nutrition and Dietetics Department will play a significant role in promoting healthy living and nutrition in the future.



Program and Curriculum Information

To graduate from the Nutrition and Dietetics Department, students must complete a total of 160 credits and 240 ECTS credits.

The current department curriculum includes both theoretical and practical education and is compliant with the **National Core Education Program and AHPGS** standards.

Program and Curriculum Information



In the first year, courses aimed at developing basic knowledge and skills are offered, along with one of our core courses, "Principles and Practices of Nutrition I-II."

In the second year, courses such as general microbiology, nutritional biochemistry, and food chemistry and analysis are included, along with courses on public health nutrition and nutrition education and counseling. Additionally, from the second year onwards, our students have the opportunity to explore different fields by choosing elective courses based on their interests. At the end of the second year, they gain fieldwork experience through a summer internship.

In the third year, more advanced courses are covered, including topics such as nutrition therapy and practices in childhood diseases, nutrition therapy and practices in adult diseases, community nutritional assessment, and institutional food services.

In the final year, our students support their academic and professional development by taking elective courses within and outside the department, as well as thesis and seminar courses under the guidance of an academic advisor. Additionally, they gain clinical and field experience through year-long fieldwork.

Department Accreditation

- 🍏 Istanbul Gelişim University, which places great importance on internationalization in education, provides its students and graduates with opportunities to continue their education and find employment worldwide through international accreditation and protocols signed with foreign universities.
- 🍏 In the 2017-2018 Academic Year, our Nutrition and Dietetics Department, both Turkish and English Programs, received full accreditation from AHPGS (Accreditation Agency in the Area of Health and Social Sciences).
- 🍏 Efforts for accreditation renewal are ongoing in the 2023-2024 Academic Year.



Learning Outcomes

- 🍏 Evaluates knowledge related to all disciplines that examine the relationship between humans, the environment, and food, forming the basis of the science of nutrition and dietetics.
- 🍏 Identifies current knowledge and practices in the field of Nutrition and Dietetics.
- 🍏 Uses current technological resources in the process of acquiring and disseminating information in the field of Nutrition and Dietetics.
- 🍏 Assesses general health problems related to nutrition.
- 🍏 Explains Nutrition and Dietetics practices using the accumulated knowledge in this field.
- 🍏 Applies legal and ethical principles in the use of knowledge in the field of Nutrition and Dietetics.
- 🍏 Utilizes the knowledge and skills possessed in the field of Nutrition and Dietetics.



Learning Outcomes

- Follows plans, policies, laws, regulations, and legislation that affect the profession of dietetics.
- Evaluates information related to the field of Nutrition and Dietetics with a critical perspective.
- Assesses factors affecting the quality of food for individuals and society within the production-consumption chain.
- Responds to health, social, and environmental issues of clients/patients.
- Evaluates the nutritional status of clients/patients.
- Interprets clinical findings of clients/patients in terms of nutrition.
- Plans nutrition therapies tailored to the individual needs of clients/patients.



Our Laboratory Facilities



Anthropometry Laboratory

Kitchen Laboratory



Food Analysis Laboratory

Our Academic Staff



Asst. Prof. H. Merve BAYRAM
Head of the Department of Nutrition and Dietetics



Prof. Dr. Mustafa NİZAMLIOĞLU



Prof. Dr. S. Arda ÖZTÜRKCAN



Prof. Dr. Hasan Hakan BOZKURT



Asst. Prof. A. Yüksel BARUT



Asst. Prof. Aylar KARGAR
MOHAMMADINAZHAD

Our Academic Staff



Asst. Prof. Hande Nur Onur ÖZTÜRK



Asst. Prof. Ismail A. ELHATY



Asst. Prof. B. Funda EKEN



Lecturer Münevver Gaye
AYBEY



Res. Asst. Hasan Fatih AKGÖZ



Res. Asst. Başak CAN

Our Academic Staff



Res. Asst. Tuğba TÜRKCAN



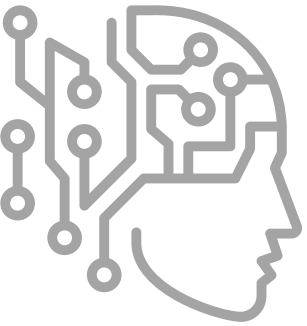
Res. Asst. Gizem UZLU DOLANBAY



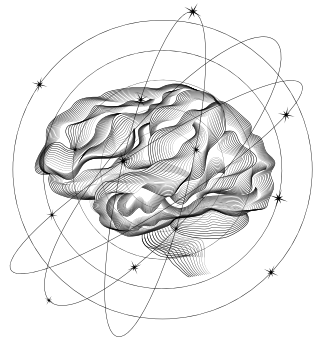
Res. Asst. Güldane YILDIRIM

**In our department, which has a strong academic staff,
courses are taught by experts in their respective fields.**

Our Innovative Courses



Courses in the
Field of
Behavioral
Sciences



Brain and Behavior

Social Behavior and
Identity in the Digital Age

Artificial Intelligence and
Behavior

Oratory and Leadership

Multidisciplinary Project

Interdisciplinary Project



Innovative
Courses

Erasmus+ Programı

- 🍏 The Nutrition and Dietetics Department collaborates with external stakeholders within the scope of Erasmus+ Program for Learning and Traineeship Mobility.
- 🍏 Under the Erasmus+ Learning Mobility, students can take equivalent courses approved by the Erasmus+ Faculty/Department Coordinator and the Faculty Administrative Board. Additionally, the Erasmus+ Traineeship Mobility can be considered as an alternative to the BEY298/BEY298E Summer Internship course.
- 🍏 A total of 15 students from the Turkish and English Programs in Nutrition and Dietetics have benefited from the Erasmus+ Learning Mobility, and 5 students have benefited from the Erasmus+ Traineeship Mobility.



Partner Universities under the Erasmus+ Program



Universitatea
Ștefan cel Mare
Suceava



UNIVERSITY
of LIFE SCIENCES
in Lublin



Universidad Autónoma
de Madrid



ipb
Instituto Politécnico
de Bragança



POLITÉCNICO
DE COIMBRA



Università di Foggia



Higher Education Institution

Free Double Major Opportunity

- 🍏 The aim of the Double Major Program is to enable students who excel in their major programs to also study in a second field and obtain a diploma for free. Students with a Cumulative Grade Point Average (CGPA) of at least 2.90 out of 4.00, and who rank within the top 20% of their major diploma program class, can start a second major diploma program at no cost.
- 🍏 In the Faculty of Health Sciences, students who meet the application requirements are provided this opportunity to receive an integrated education from different disciplines.
- 🍏 Since 2018, 32 students from the Turkish Program and 12 students from the English Program in the Nutrition and Dietetics Department have graduated from a Double Major Program. For the Fall Semester of the 2023-2024 Academic Year, these numbers are 12 and 1, respectively.

Our Awards



Journal of Food Composition and Analysis
Volume 102, September 2021, 104078



Original Research Article

The presence of sodium content and sodium-containing food additives in packaged foods and beverages sold in Turkey

Hatice Merve Bayram , Arda Ozturkcan 

> Int J Food Sci Nutr. 2023;74(4):568-579. doi: 10.1080/09637486.2023.2235091. Epub 2023 Jul 11.

Public interest in weight loss and diet-related topics in Europe: an infodemiology study of Google trends data from 2004-2022

Hatice Merve Bayram ¹, Arda Ozturkcan ¹



Journal of Functional Foods
Volume 75, December 2020, 104252



Bioactive components and biological properties of cornelian cherry (*Cornus mas* L.): A comprehensive review

Hatice Merve Bayram , S. Arda Ozturkcan 

Leading the Way in Science

The articles by Prof. Dr. S. Arda ÖZTÜRKCAN and our Head of the Department Asst. Prof. H. Merve BAYRAM have been awarded the "TUBITAK Publication Incentive" awards.



Journal of Food Composition and Analysis
Volume 114, December 2022, 104710



Intake and risk assessment of nine priority food additives in Turkish adults

Hatice Merve Bayram , Arda Ozturkcan 

Our Awards



Beyzanur GEDİKTEPE

First Place in the 2021-2022
Spring Semester Poster
Competition Organized by the
Nutrition and Dietetics
Department

**Nutrition and
Dietetics Department
Students**



Nilüfer ÇELEBİ

Medal for the Üsküdar
Stage Run Race on May
15, 2022



**Lecturer Münevver Başak
ONAT**

Turkic-speaking Peoples
Best Presentation

Nutrition and Dietetics English Program

At the meeting of the International Alliance of Clinical and Forensic Toxicologists for Turkic-speaking peoples, the presentation titled "The Importance of Consumed Food on Toxicological Assessment: A Dietitian's Perspective" was awarded "Best Presentation" and received a cash prize.



TUBITAK 2209-A Projects

Faculty members and students from the Nutrition and Dietetics Turkish and English Programs have been supported with 11 projects under the TUBITAK 2209-A "University Students Research Projects Support Program."

The Impact of Digital Nudging Models on Online Food Selection

The Relationship Between Depression, Anxiety, and Stress Levels of First-Year University Students and Their Food Choices and Eating Behaviors

Determining the Antioxidant Capacities of Breads Made with Sprouted Broccoli (Brassica Oleracea) Plants

The Relationship Between Depression, Anxiety, and Stress Levels of Health Sciences Faculty University Students and Their Healthy Eating Attitudes and Well-being

Examining the Impact of Perceived Stress, Anxiety, and Worry on Nutrition After an Earthquake: A Case Study from the Earthquake Region

The Relationship Between Negative Calorie Beliefs and Body Satisfaction and Dietary Patterns in University Students

The Effect of Polyphenol Intake on Sleep Quality, Depression, Anxiety, and Stress

Enrichment of Protein Content in Gluten-Free Crackers with Spirulina

The Belief in and Use of Dietary Supplements Among Exercise and Sports Science Students and Its Impact on Exercise and Nutrition Behavior

The Effect of Diet Tryptophan Levels in Mothers of Infants Aged 6-12 Months on Infant and Maternal Sleep Quality

“We are proud to announce that in 2023, the Faculty of Health Sciences has become the department with the highest support from TUBITAK, with 11 projects under the TUBITAK 2209-A University Students Research Projects Support Program.”

Asst. Prof. Hatice Merve BAYRAM
Head of the Nutrition and Dietetics
Department

Domestic and Functional Disaster Food
Production

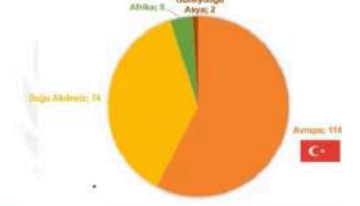
Our Events



MÜNEVVER BAŞAK ONAT
Beslenme ve Diyetetik Öğrencilerinin Beden Memnuniyeti
Kesitsel Bir Çalışma

DSÖ ülke bölgelerine göre

ÖĞRENCİLERİMİZ



CAREER TALKS
Beslenme ve Diyetetik Türkçe ve İngilizce BŞÜmleri

KONUŞMACI
Başak KÖROĞLU
Diyetisyen - Beslenme Uzmanı

20 Aralık 2022 Salı 13:00-14:30
3 Blok Mehmet Akif Ersoy Konferans Salonu

gelisim.edu.tr @gelisimedu @igugelisim

SEMİNER

BESLENME VE DİYETETİK (TR/İNG)
İNFLAMATUAR HASTALIKLAR VE BESLENME

KONUŞMACI
Dr. Dyt. Tuha KAYAN TAPAN

26 Aralık, 2023 Salı 13:00
Google Meet
<https://meet.google.com/wik-qeeq-bqx>

gelisim.edu.tr @gelisimedu @igugelisim



Nutrition and Dietetics Department Student Journal

The first and only
scientific journal
prepared for students of
the Faculty of Health
Sciences!

It is published annually, both online
and in print, in June.



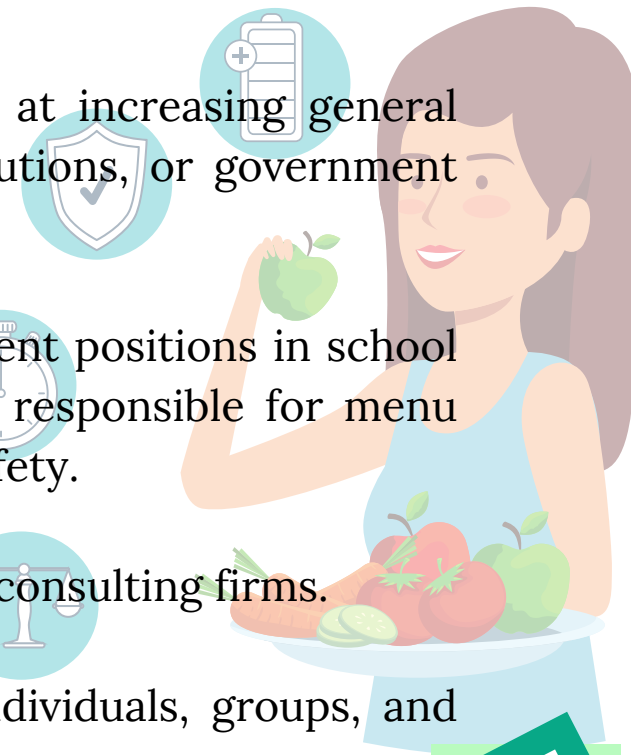
Istanbul Gelism Üniversitesi Sağlık Bilimleri Fakültesi
Beslenme ve Diyetetik Bölümü Öğrenci Dergisi



Career Opportunities

Nutrition and Dietetics graduates have a wide range of career opportunities available to them.

-  As Clinical Dietitians, they can provide individualized nutrition counseling and treatment services to patients in hospitals, clinics, or health centers.
-  As Public Health Dietitians, they can participate in projects aimed at increasing general health and nutrition awareness in community centers, health institutions, or government agencies.
-  As Administrative Dietitians, they can work in food service management positions in school cafeterias, hospital kitchens, or food production facilities. They are responsible for menu planning, inventory management, personnel management, and food safety.
-  As Product Consultants in the Food Industry, they can work in private consulting firms.
-  As Nutrition Consultants in Sports Centers, they can work with individuals, groups, and athletes to provide nutrition counseling.



Heading Strongly into the Future: Our Graduates

I would like to extend my heartfelt thanks to all my wonderful professors and academic staff for their contributions to every aspect and moment that will enrich my experience in the profession. It has been a great pleasure to have had the opportunity to learn from the professors during my time at this school, and I am committed to making every effort to provide support since graduating. Thank you so much for everything, always.



Başak KÖROĞLU
Nutrition and Dietetics (ENG)

While each department is a world of its own, the Nutrition and Dietetics department requires high effort and perseverance due to the responsibility that comes with professional education and its impact on human life. Being part of the healthcare sector and contributing to improving people's living conditions and practicing preventive medicine against diseases is invaluable.



Beyza Nur GEDİKPINAR
Nutrition and Dietetics (TR)

Heading Strongly into the Future: Our Graduates

During my undergraduate education, one of the opportunities provided by our department was international accreditation... This allows me to practice my profession outside of Türkiye without needing many procedures. I'm glad I chose Istanbul Gelişim University...



Dilara Buse KARADAĞ
Nutrition and Dietetics (ENG)

I am deeply grateful to all the faculty members of the Nutrition and Dietetics Department who have always graduated us as ethical, reliable, self-confident, and professionally knowledgeable and skilled individuals in our profession. I will never forget that even after graduating, you never took your hands off us. I am so grateful to have been your student. As someone who never missed a class, I am now obliged to be marked absent, so please fill the seats for me as well. I wish you a very happy educational life.



Aleyna AŞIK
Nutrition and Dietetics (TR)

“ ———
We welcome all
students who aspire
to study in a
department where
life and science are
intertwined.
————— ”



For more information, you can contact
the Head of the Department:

Asst. Prof. H. Merve BAYRAM

hmbayram@gelisim.edu.tr

CONTACT:



Department of Nutrition and
Dietetics Turkish Program

Department of Nutrition and
Dietetics English Program



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Issue: 22, April 2024



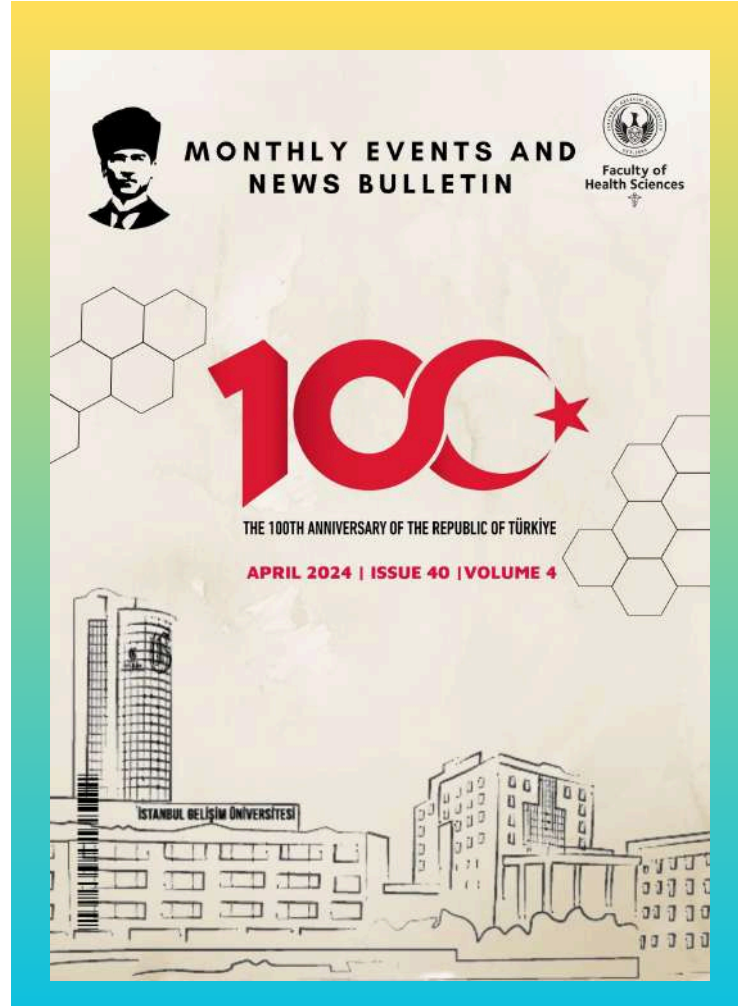
Three times a year
(April, August, December)

Istanbul Gelisim University Journal of Health Sciences (İGÜSABDER)

Editor: Asst. Prof. Abdullah Yüksel BARUT
Associate Editors: Prof. Dr. Rıfat MUTUŞ, Prof. Dr. S. Arda
ÖZTÜRKCAN

Our journal is indexed by TUBITAK ULAKBİM TR Index and Turkish
Citation Index for Health Sciences.





Twelve times a year

Faculty of Health Sciences Bulletin

The bulletin contains all current news and events related to the Faculty of Health Sciences.

