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This Book Explains Our Natural Requirements And The Nutritive Value Of The Various Foods We Consume. Carbohydrates, Proteins And Lipids Are Discussed In Detail. Minerals, Both Micro And Macro, Are Highlighted. Both Fat And Water Soluble Vitamins Alongwith The Vital Role Of Water Are Emphasized. Each Food Category Is Explained Systematically In Terms Of Its Functions, Absorption And Metabolism, Recommended Dietary Allowance And Sources. The Book Further Explains Energy Metabolism, Kinds Of Malnutrition And Various Disorders Arising From Specific Nutritional Deficiency. Prevention And Treatment Of Such Disorders Are Also Explained. The Book Would Serve As A Comprehensive Text For Students Pursuing Home Science, Medicine, Nursing And Allied Courses. It Would Also Serve As An Authoritative And Useful Reference Source For General Readers.

The Book Presents A Clear And Systematic Account Of The Composition And Nutritive Value Of Different Types Of Foods.

Cereals, Pulses, Nuts, Milk, Vegetables, Fruits And Spices Have Been Discussed In Considerable Detail. Fats And Oils, Sugar And Various Beverages And Appetisers Have Also Been Explained. Separate Chapters Have Been Devoted To Eggs And Flesh Foods. Ways Of Evaluating Food Quality Alongwith Food Preservation Have Been Explained In Detail. Various Food Laws And Standards In Relation To Adulteration Have Been Highlighted Alongwith The Recent Trends In Food Technology. With Its Detailed Coverage And Simple Style Of Presentation, This Is An Essential Text For Home Science Students. This Book Is Also A Valuable Reference Source For Anyone Interested In Knowing More About Food And Nutrition.

This Book Presents An Exhaustive And Up-To-Date Exposition Of Nutrition And Food Requirements During The Normal Stages Of Life As Well As During Cases Of Various Diseases. \* It Describes In Detail The Nutritional Requirements Of Adults, Infants, Children, Adolescents And Ageing Persons. \* Explains The Food Requirements Of Expectant Mothers And Lactating Women. \* Highlights The Importance Of Phytochemicals In The Prevention Of Degenerative Diseases. \* Includes A New Chapter In Which Functional Foods Are Discussed. \* Highlights The Correct Diet In Cases Of Fever, Obesity, Anaemia, Diabetes, Ulcers, Food Allergy And Diseases Of The Gastrointestinal Disorders, Heart, Liver And Kidneys. \* Includes Additional Chapters On Diet In Cases Of Cancer And Genetic Disorders As Well As On The Nutritional Requirements Of Athletes. \* Each Topic Is Explained In A Simple And Systematic Manner, Supported By Relevant Illustrations, Tables And Charts. With All These Features, This Is An Essential Text For Undergraduate And Post-Graduate Courses On Nutrition And Dietetics. The Book Would Also Be Extremely Useful To The General Reading Public As An Authoritative Reference Source. "The Book Is Well Written, Concise, Reasonably Priced And Can Be Recommended As A Textbook For Undergraduates." - Journal Of Food Science And Technology, 2000.

It describes in detail the nutritional requirements for adults, infants, children, adolescents and ageing persons. explains the food requirements of expectant mothers and lactating women. Highlights the correct diet in cases of fever, obesity, anemia, diabetes, ulcers, food sensitivity and diseases of the gastrointestinal disorders, heart, liver and kidneys. Includes additional diet in cases of cancer and genetic disorders. Sports nutrition is well elaborated in this edition. Food is valued not only for its nutritive value but also for its health value.

This Book Has Consistently Been Used By Students Studying The First Course In Food Science And Nutrition. In Several Universities, Diet Therapy Topics Have Been Added In The Curricula Of This Course. Therefore, Diet Therapy Has Been Page 5/6

Added In This Revision, With A Hope Of Meeting The Changing Needs Of The Readers In This Area. The Revised Edition Incorporates Various Other Subjects, Which Are More Or Less Related To The Useful Subjects, Like Nursing, Education, Art, Social Sciences, Home Science, Medical And Paramedical Sciences, Agriculture, Community Health, Environmental Health And Pediatrics Etc. The Book Is Intended To Be An Ideal Textbook Encompassing The Following Aspects: \* Introduction To The Study Of Nutrition \* Nutrients And Energy \* Foods \* Meal Planning And Management \* Diet Therapy Various Modifications Have Been Done Along With Clear Illustrations, Chartsand Tables For A Visualised Practical Knowledge. Every Chapter Is Presented In A Beautiful Style With An Understandable Approach. Abbreviations Of All Terms Are Given. Glossary Is Also Available At The End For Clear Understanding. Appendices, Food Exchange Lists, Recommended Dietary Allowances For Indians And Food Composition Tables Have Also Been Included. So Many Other Useful Informations Are Given, Regarding The Food And Dietary Habits According To The Age And Height Of Males/Females. We Hope This Textbook Would Fulfil The Goal Of Serving The Cause In An Appropriate Manner Nutrition For A Disease-Free Society.

The Book Deals With The Nature Of Food Study From Chemical, Biochemical And Physical Point Of View. Foods As A Source Of Nutrients In The Indian Dietary And Selection Of A Balanced Diet Based On Usage Of Foods Of Indian Origin Is Discussed In Detail. The Effects Of Processing On The Food Components And The Acceptability Of Food Products Is Discussed With Examples Of Indian Foods. All Plant And Animal Foods Grown And Used In Our Dietary Are Discussed In Detail From The Point Of View Of Composition, Sources, Nature, Preparation, Processing And Storage. Food Preservation Principles And Methods Have Been Discussed With Special Emphasis On Home-Scale Preservation. Food Sanitation And Hygiene, Food-Borne Diseases, Food Laws And Food Standards Have Been Discussed To Emphasize The Safety Aspect Of Foods.

Fully updated, the Oxford Handbook of Nutrition and Dietetics is a practical quick-reference to the vital and valued subject of nutrition in the prevention and treatment of disease and the maintenance of good health. This handbook will be an invaluable companion for all dieticians, nutritionists, and nurses, as well as doctors and students in a variety of specialities. Concise and bulleted, this handbook takes an integrated approach which facilitates the linksbetween all aspects of nutrition and dietetics. Including nutritional science and based on clinical evidence. Sections on obesity and a new chapter on international nutrition are timely and topical. Alsoincludes information on nutrition assessment, popular diets, nutrition in systems-based diseases, rarer conditions, as well as helpful lists of foods rich in or free from certain nutrients and normal range guides and handy reference values.

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