

## Textbook on Food Science and Human Nutrition



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### ***Reviews***

*It becomes an awesome publication that I actually have actually read. It really is written in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

*(Talia Cormier)*

## TEXTBOOK ON FOOD SCIENCE AND HUMAN NUTRITION

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Daya Publishing House/Astral International (P) Ltd., 2015. Softcover. Book Condition: New. Food is one of the basic needs of the human being. It is required for the normal functioning of the body parts and for healthy growth. The present book entitled ?Textbook on Food Science and Human Nutrition for undergraduates? is divided into three parts Unit-I: Introduction to Food and Nutrition, Unit-II: Nutrients, and Unit-III: Deals with Effect of Cooking on Food, Nutritional Improvement of Food and Labelling. This book covers the subject of Basic and Applied Nutrition in Food Technology, Food Science and Technology, Food and Nutrition. In this book special emphasis is given to food constituents, nutrients and labelling . The book contains the FSSAI guidelines on labelling. This book can serve as textbook for undergraduates and as a valuable reference source for teachers. This book can also be used by postgraduates and students doing paramedical courses like nursing. Contents: Acknowledgement vii Foreword ix Preface xi Unit: I 1. Introduction to Food and Nutrition 1 1.0 Introduction and History of Nutrition ? 1.1 Definition ? 1.2 Relation between Good Nutrition and Health ? 4.4 Understanding Nutritional Status ? Questions ? References. 2. Balanced Diet 13 2.0 Introduction to Balanced Diet ? 2.1 Functions of Food ? 2.2 Food Groups ? 2.4 Food Guide Pyramid ? Questions ? References. Unit II: Nutrients 3. Energy 23 3.0 Introduction ? 3.1 Units of Energy ? Calorie and Joule ? 3.2 Energy Value of Foods ? 3.3. Energy Balance ? 3.4 Diseases Related with Energy Imbalance ? 3.5 Recommended Dietary Allowances (RDA) ? Questions? ? References. 4. Carbohydrates 37 4.0 Introduction ? 4.1 Carbohydrate Classification and Structure ? 4.2 Recommended Carbohydrate Intakes ? 4.3 Functions of Carbohydrate ? 4.4 Sources of Carbohydrate ? 4.5 Carbohydrate Digestions and Absorption ? 4.6 Concern with...

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