

Contents

| | |
|---|-----|
| <i>Preface to the Third Edition</i> | v |
| <i>Preface to the First Edition</i> | vii |
| <i>Acknowledgments</i> | ix |
| <i>Special Features of the Book</i> | xv |
| <i>Syllabus</i> | xix |

CHAPTER 1 Introduction to Nutrition 1-23

| | |
|--|----|
| Terminology of Nutrition | 3 |
| History of Nutrition | 5 |
| Concepts of Nutrition | 6 |
| Importance of Food in Health and Disease | 7 |
| Role of Nutrition in Maintaining Health | 8 |
| Factors Affecting Food and Nutrition..... | 9 |
| Malnutrition..... | 11 |
| Role of Food and its Medicinal Value..... | 11 |
| Classification of Nutrients..... | 13 |
| Macronutrients and Micronutrients..... | 14 |
| Organic and Inorganic Nutrients | 19 |
| Energy Yielding and Non-energy Yielding Nutrients..... | 20 |
| Origin of Food | 20 |
| Food Groups | 20 |

CHAPTER 2 **Carbohydrates** **25–43**

| | |
|--|----|
| Classification of Carbohydrates | 27 |
| Caloric Value of Carbohydrates..... | 30 |
| Recommended Dietary Allowances | 30 |
| Dietary Sources | 32 |
| Functions of Carbohydrates..... | 32 |
| Digestion and Absorption of Carbohydrates | 32 |
| Storage and Metabolism of Carbohydrates | 33 |
| Energy | 36 |
| Units of Energy | 36 |
| Energy Value of Food..... | 36 |
| Calorie | 36 |
| Energy Requirement of Different Categories of People | 37 |
| Factors Affecting Energy Requirement..... | 38 |
| Basal Metabolism..... | 38 |

| | | |
|------------------|---|----------------|
| Chapter 3 | Proteins | 45–57 |
| | Types of Amino Acids..... | 46 |
| | Classification of Proteins..... | 47 |
| | Recommended Dietary Allowance | 49 |
| | Dietary Sources of Protein..... | 50 |
| | Essential Amino Acids | 51 |
| | Functions of Proteins..... | 53 |
| | Digestion, Absorption, Metabolism and Storage of Proteins..... | 53 |
| CHAPTER 4 | Fats | 59–70 |
| | Composition of Fats..... | 61 |
| | Classification of Fats..... | 61 |
| | Caloric Value of Fats | 63 |
| | Recommended Dietary Allowances for Fats..... | 63 |
| | Dietary Sources of Fats | 63 |
| | Functions of Fats in Body | 65 |
| | Digestion, Absorption and Storage of Fats | 65 |
| | Metabolism of Fat..... | 66 |
| CHAPTER 5 | Vitamins | 71–103 |
| | Characteristics of Vitamins | 72 |
| | Functions of Vitamins..... | 73 |
| | Classification of Vitamins | 73 |
| | Vitamin C (Ascorbic Acid)..... | 75 |
| | Thiamine (Vitamin B ₁)..... | 77 |
| | Riboflavin (Vitamin B ₂) | 81 |
| | Niacin (B ₃) | 81 |
| | Pyridoxine (Vitamin B ₆)..... | 83 |
| | Cyanocobalamin (Vitamin B ₁₂) | 84 |
| | Folate— Folic Acid (Vitamin B ₉)..... | 86 |
| | Biotin (Vitamin B ₇) | 87 |
| | Pantothenic Acid (Vitamin B ₅)..... | 89 |
| | Vitamin A | 90 |
| | Vitamin D | 94 |
| | Vitamin E..... | 98 |
| | Vitamin K..... | 100 |
| CHAPTER 6 | Minerals | 105–129 |
| | Classification of Minerals | 107 |
| | Sources and Functions of Minerals | 108 |
| | Absorption, Synthesis, Metabolism, Storage and Excretion of Minerals..... | 109 |



| | | |
|------------------|---|----------------|
| CHAPTER 7 | Balanced Diet | 131–184 |
| | Balanced Diet | 132 |
| | Principles of Balanced Diet | 132 |
| | Steps in Preparing a Balanced Diet | 133 |
| | Elements | 133 |
| | Food Guides..... | 134 |
| | Food Groups | 134 |
| | Food Exchange System..... | 137 |
| | Recommended Dietary Allowance | 144 |
| | Nutritive Value of Foods | 150 |
| | Meal Planning | 158 |
| | Meal Planning for Different Categories of People | 159 |
| | According to WHO and UNICEF Recommendation..... | 168 |
| | Nutrition during Adulthood | 169 |
| | Classification of Work Based on Occupation (ICMR, 1990) | 170 |
| | Nutrition during Pregnancy..... | 173 |
| | Anemia in Pregnancy | 177 |
| | Nutrition for Aged Person/Geriatric Nutrition..... | 179 |
| | Food Budget..... | 181 |
| | | |
| CHAPTER 8 | Nutritional Deficiency Disorder | 185–194 |
| | Malnutrition due to Proteins | 186 |
| | Malnutrition due to Fat..... | 190 |
| | Childhood Obesity | 190 |
| | Malnutrition due to Vitamins | 192 |
| | Malnutrition due to Minerals..... | 192 |
| | | |
| CHAPTER 9 | Therapeutic Diet | 195–225 |
| | Objectives..... | 197 |
| | Principles | 197 |
| | Modification in Therapeutic Diets | 197 |
| | Therapeutic Diet for Different Categories..... | 198 |
| | Special Feeding Methods | 201 |
| | Types of Therapeutic Diets in Various Disorders | 204 |
| | Dietary Management in Cardiovascular Diseases | 205 |
| | Dietary Management in Chronic Renal Failure | 206 |
| | Dietary Management in Obesity..... | 208 |
| | Dietary Management in Diabetes Mellitus..... | 210 |
| | Dietary Management in Gout..... | 211 |
| | Diet Management during Radiotherapy..... | 213 |
| | Patient Daily Diet According to Consistency | 214 |

| | |
|--|-----|
| Diet Management for Patient with Allergy | 214 |
| Nutrition in Liver Disease | 216 |
| Dietary Management in Liver Disease | 216 |
| Dietary Management in Gastrointestinal Disorders | 217 |
| Naturopathy | 221 |

CHAPTER 10 **Cookery Rules and Preservation of Nutrients** **227–262**

| | |
|--|-----|
| Objectives of Cooking..... | 228 |
| Basic Principles of Cooking | 228 |
| Purposes of Cooking | 229 |
| Methods of Cooking | 229 |
| Microwave Cooking..... | 233 |
| Solar Cooking..... | 234 |
| Food Processing..... | 236 |
| Preserving Nutrients in Food..... | 237 |
| Food Hygiene..... | 240 |
| Food Toxicity..... | 242 |
| Storage of Food | 244 |
| Storage Conditions | 245 |
| Technology | 246 |
| Storage of Dry Foods..... | 247 |
| Principles of Food Storage..... | 248 |
| Food Preservation..... | 249 |
| Principles of Food Preservation | 251 |
| Food Additives..... | 252 |
| Food Adulteration | 254 |
| Food Standards | 256 |
| Food Laws in India..... | 257 |
| Beverages and Other Food Preparation | 260 |

CHAPTER 11 **Nutritional Assessment and Nutrition Education** **263–272**

| | |
|--|-----|
| Objectives of Nutritional Assessment | 264 |
| Methods of Nutritional Assessment | 264 |
| Principle of Nutrition Education | 270 |
| Purposes of Nutritional Education | 270 |
| Methods of Nutrition Education | 270 |
| Role of Nurse in Nutritional Care..... | 271 |



| | | |
|-------------------|---|----------------|
| CHAPTER 12 | National Nutritional Program and Role | 273–301 |
| | Various Nutritional Programs Running in India | 274 |
| | Anemia Mukd Bharat Program..... | 281 |
| | Weekly Iron and Folic Acid Supplementations | 286 |
| | National and International Agencies Working toward Food/Nutrition | 287 |
| | Road to Health Card/Growth Chart..... | 298 |
| | | |
| CHAPTER 13 | Food Safety | 303–306 |
| | 5 Keys to Safer Food..... | 304 |
| | <i>Annexures</i> | 307 |
| | <i>Index</i> | 337 |