

Contents

<i>Preface</i>	v
1. Introduction to Nutrition	1
2. Common Nutritional Problems in India	10
3. Elements of Nutrition	22
4. Energy	27
5. Carbohydrates	34
6. Dietary Fiber	48
7. Lipids	51
8. Proteins	71
9. Vitamins	84
10. Minerals	99
11. Water and Electrolytes	117
12. Storage of Food and Preservation of Nutrients	125
13. Food Toxicity and Safe Food Handling	133
14. Food Standards	141
15. Balanced Diet	147
16. Recommended Daily Allowances	155
17. Nutritive Value of Foods	175

18. Planning Menu and Budgeting of Food	179
19. Introduction to Therapeutic Diets	182
20. National Programs Related to Nutrition	187
21. International and National Agencies Working Towards Food/Nutrition	194
22. Assessment of Nutritional Status	201
23. Nutrition Education and Role of a Nurse	206
<i>Definitions</i>	207
<i>Index</i>	217