

GC-FP-02T Fundamentals of Nutrition

Total Marks: 100

External Marks: 70

Internal Marks: 30

Credits: 6

Pass Percentage: 40%

Unit-I - Introduction to Nutrition: Definition of nutrition, nutrients, RDA; Classification of nutrients (Macro, Micro).

Unit-II -Macro nutrients (Carbohydrates, Proteins, fats): Classification, Sources; Functions, RDA; Deficiency, excess

Unit-III -Micro nutrients (Vitamins, Minerals): Classification, Sources; Functions, RDA; Deficiency, excess.

Unit-IV -Water and Fiber: Composition, Sources, Classification; Functions, RDA; Deficiency, excess.

References:

1. Shubhangini Joshi, Text book of food and nutrition, Tata Macgrohill Publishing Co., New Delhi.
2. B. Shrilakshmi, nutrition Science, New Age International Publishers
3. Muddambi S.R and Rajgopal M.V., Fundamentals of Food and nutrition, Wiley Eastern Ltd., New Delhi.
4. Nutritive Value of Indian Foods ,NIN, Hyderabad.
5. Dietary guidelines for Indians ,NIN Hyderabad June 2014.