

73. NUTRITION & DIETETICS

Part-A (40 Marks)

I. Nutritional Biochemistry:

Carbohydrates, amino acids and proteins, Lipids, Vitamins and minerals – classification, sources, functions, deficiencies, nutritional significance, digestion, absorption and metabolism. Enzymes and its classification and action; Water and electrolyte balance.

II. Food Science & Quality Control:

Cereals & Millets, Pulses & Legumes, milk & milk products, Egg & Fleshy foods, Vegetables & Fruits, Sugar & Sugar products, Fats & oils – composition, nutritive value, methods of processing, nutrient losses, uses & storage, anti-nutritional factors. Food spoilage and preservation.

Part-A (60 Marks)

III. Nutrition for family:

Balanced diet, RDA, Food groups, Food Pyramid, Food exchange list, Nutritional requirements for different age groups.

IV. Dietetics & Therapeutic Nutrition:

Disorders of malnutrition, GIT disorders, Obesity, Hepatic diseases, Renal diseases, cardiovascular diseases, Diabetes, Cancer & Inborn errors of metabolism – Etiology, symptoms and dietary management.

V. Community Nutrition & Public Health:

Food borne disorders; Food adulteration and contaminants, Personal hygiene; Communicable diseases-causes, symptoms and treatment. Assessment of nutritional status; National & international agencies in community nutrition.