

NEW AGE

DIETETICS

(Sixth Edition)



B. SRILAKSHMI

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Dietetics By B Srilakshmi 6th Edition

Raheena Begum



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APPLIED NUTRITION AND DIETETICS M. Amala Seeli, Prof. Manisha Bijapurkar, Mrs. Priyanka Dey, Mrs. Dana Baby, Ms. Rubeena Naaz, 2023-08-18 Food is important because it gives us the nutrients to live and helps our bodies work and stay healthy. It comprises macronutrients like protein, carbs, and fat, giving the body calories and energy and helping keep it healthy in specific ways. Food also gives you micronutrients like vitamins and minerals and phytochemicals which don't give you calories but do many essential things for your body. Food and nutrition provide energy for our bodies. We need to replace nutrients in our bodies every day. Water, fats, proteins, and carbohydrates are important components of nutrition. A healthy diet in life promotes healthy outcomes, supports normal growth and development. It helps to maintain a healthy body weight and reduces the risk of chronic diseases, promoting overall health and well-being. Food must be attractive, digestible, able to choose, and easily available. Nutritional requirement should be maintained with margin of safety and with right balance. The recommended daily intake of nutrients with sufficient amounts to be provided to maintain the needs of the body and good health. There are six major nutrient categories: carbohydrates, proteins, fats, minerals, vitamins, and water. The first three provide calories for energy in varying amounts depending on the type and portion size consumed. Individual requirements depend on age, gender, and level of physical activity. A combination of a healthy, balanced diet and physical activity appropriate for age and gender is required for a healthy growth and development of a child. Dietary Guidelines for Carbohydrates is 45-65% of calories, Fat 20-35% of calories, Protein 10-35% of calories. Nutrient-related diseases and disorders result from excessive consumption, deficiencies, or imbalances in the types of nutrients consumed. Energy is the capacity to do work. Nutrition Science. B. Srilakshmi, 2006. This book explains our natural requirements and the nutritive value of the various foods we consume. Carbohydrates, proteins, and lipids are discussed in detail. Minerals, both micro and macro, are highlighted. Both fat and water-soluble vitamins, along with the vital role of water, are emphasized. Each food category is explained systematically in terms of its functions, absorption, and metabolism. Recommended dietary allowance and sources. The book further explains energy, metabolism, kinds of malnutrition, and various disorders arising from specific nutritional deficiency. Prevention and treatment of such disorders are also explained. The book would serve as a comprehensive text for students pursuing home science, medicine, nursing, and allied courses. It would also serve as an authoritative and useful reference source for general readers. *Food Science* B. Srilakshmi, 2003.

Nutrition and Dietetics Shubhangini A. Joshi, 1992 Nutrition & Dietetics 3E Joshi, 2010 *Nutrition* Paul M. Insel, 2014. An updated version of an essential text for nutrition majors and advanced non-majors. Nutrition Fifth Edition is a completely revised and updated text. The new edition is challenging, student-focused, and provides the reader with the knowledge they need to make informed decisions about their overall nutrition and a healthy lifestyle. Central to Nutrition Fifth Edition is its rigorous coverage of the science of nutrition, metabolism, and nutrition-related diseases. Practical content

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