

Principles of Human Nutrition 3(3-0)

Theory

Introduction: definitions, food, nutrients, diet, balanced diet, food groups, food guide pyramid, meal planning. Eating food: smell, taste, satiety. Water: functions, sources, regulation in body, dietary requirements, content in food. Carbohydrates: types, role in body, dietary fiber, sweeteners, dietary requirements, content in food. Fats and oils: types, functions, dietary requirements, content in food, fat substitutes. Proteins: amino acids, protein synthesis, classification, functions, quality of proteins, dietary requirements, content in foods. Vitamins: classification, role in body, content in food. Mineral elements: types, requirements, sources, functions. Digestion: alimentary tract, digestive juices, secretions. Absorption and metabolism of nutrients: carbohydrates, protein, lipids. Nutrient and dietary deficiency disorders: malnutrition, obesity, coronary diseases, diabetes, lactose and gluten intolerance, dental caries – symptoms, causes, prevention.

Books Recommended

1. Geissler, C. and Powers, H. 2010. Human nutrition. Churchill Livingstone, London, UK.
2. Awan, J.A. 2007. Elements of food and nutrition. Unitech Communications, Faisalabad- Pakistan.
3. Bamji, M.S., Rao, N.P. and Reddy, V. 2004. Textbook of human nutrition. Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi, India.
4. Eastwood, M. 2003. Principles of human nutrition. John Wiley & Sons, Inc., New York, USA.
5. Garrow, J.S., James, W.P.T. and Ralph, A. 2000. Human nutrition and dietetics. Churchill Livingstone, London, UK.

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