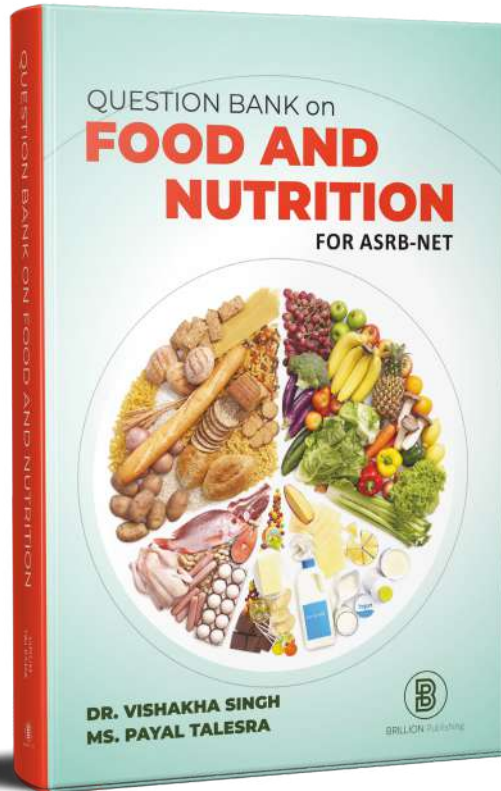




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QUESTION BANK on **FOOD AND NUTRITION** FOR ASRB-NET

About the Book

This book is dealing with all the major aspects of the courses offered in nutrition along with the objective question bank. This book will widen the horizon of all those aspirants who will be appearing for ASRB – NET and other competitive examinations relating to Food Science and Nutrition. It also presents the latest literature and questions along with their solutions. The book is a treasure house of knowledge in nutrition and dietetics.

Features

- Efforts have been made to cover the entire syllabus of ASRB – NET in a systematic and comprehensive manner. The subject matter is illustrated with figures and tables, wherever, felt necessary.
- Each chapter has objective questions related to the topic at the end of the topic.
- The correct answer key is also been given after the questions, of each chapter.

DR. VISHAKHA SINGH | MS. PAYAL TALESRA

(Contents)

- **Human Nutrition, Health and Interventions**
- Balanced diet – Food groups, Food Pyramid, Phytochemicals, Functional foods, Antioxidants, Nutraceuticals, Prebiotics and Probiotics
- Macro – Nutrients: Carbohydrates: Requirements, sources, functions, metabolism and effects of toxicity and deficiency of the nutrient
- Lipids: Requirements, sources, functions, metabolism and effects of toxicity and deficiency of the nutrient
- Protein: Requirements, sources, functions, metabolism and effects of toxicity and deficiency
- Micro – Nutrients: Vitamins: Requirements, sources, functions, metabolism and effects of toxicity and deficiency of the nutrient
- Minerals: Requirements, sources, functions, metabolism and effects of toxicity and deficiency of the nutrient
- Nutrient interrelationship, inborn errors of metabolism, drug and nutrient interaction
- Water, Food allergies and Intolerances
- Diet and nutritional therapy in Obesity, Underweight, disorders of heart and lungs
- Diet and nutritional therapy in disorders of Gastro intestinal tract, kidney and liver
- Diet and nutritional therapy in disorders of cancer and diabetes mellitus
- Major public health and nutritional problems in India – causes, magnitude and distribution
- Assessment of Community Nutritional status by standard methods, National and International Programs to combat malnutrition, National Nutrition Policy
- Nutritional epidemiology, public health aspects of human nutrition, objectives, principles and importance of nutrition education, nutrition monitoring and surveillance
- **Food Science and Processing Technologies**
- Food fortification, enrichment and supplementation, food additives and preservatives, food adulteration, anti – nutritional factors and toxicants in foods
- Food hygiene and sanitation, food borne illness, infections and food poisoning, food standards, laws and regulation for food safety
- Post harvest losses, food spoilage and its causes, food processing techniques, effects on nutritional value, food packaging and labeling
- Qualitative and quantitative changes during post harvest handling and processing of food, Processing and packaging techniques for cereals, millets and legumes, milk and milk products, fruits and vegetables, nuts and oilseeds, meat, fish and poultry
- Principles and methods of food preservation, drying, concentration, freezing, cryogenic freezing, fermentation, irradiation, canning, sterilization, pasteurization
- Role of warehousing corporation and Food Corporation of India on post harvest conservation, storage of perishable and non – perishable foods, traditional and modern food storage

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