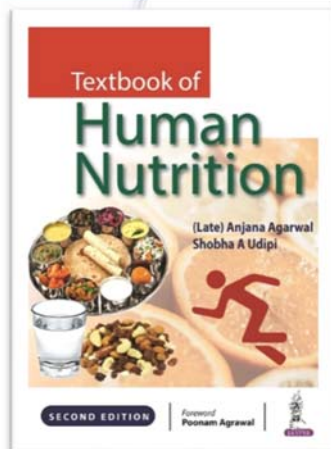




NEW RELEASE



Textbook of Human Nutrition

Author/s: (Late) Anjana Agarwal & Shobha A Udipi

Two Color | Paper Back | 2/e, 2022 | 596 Pages | 8.5" x 11"

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ABOUT THE BOOK

This book has been written keeping in mind the syllabi of Food and Nutrition subject at the undergraduate and postgraduate level for the students of Home Science, Nutrition and related Sciences, Nursing and Medicine domains. It will continue to be very useful for research scholars, health professionals, planners and administrators and the knowledge seekers, in general.

KEY FEATURES

- A compact and complete text on the subject.
- Deals with human food choices and eating patterns as well as their impact on the health and well-being.
- Provides basic information about individual nutrient of high importance along with the latest recommended dietary allowances (RDAs) and dietary guidelines.
- Suggests techniques of planning for nutritionally balanced diet through food pyramid.
- Transcends into nutritional and dietary considerations in infancy, childhood, adolescence, adulthood, and other special life stages such as pregnancy, lactation, and old age.
- Focuses on malnutrition problems through nutritional deficiency disorders and some of the diet-related diseases such as diabetes, hypertension, obesity and osteoporosis along with national policies and programs to attain food and nutrition security.
- Presents the emerging topics such as fortification, irradiation, biotechnology, functional foods, nutraceuticals, dietary supplements, pre- and probiotic, nanotechnology and nutrigenomics, and role of nutrition in sports persons, astronauts, and mountaineers.

READERSHIP

- Helpful for the students and teachers of nutrition, dietetics, nursing, health science, and medicine.

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