

Anatomy of digestive system, Coordination and regulation of digestive process; Metabolism of macronutrients and regulatory nutrients: Digestion, absorption, transport, distribution, integrated metabolism and regulation – Simple and complex carbohydrates, lipids, proteins, water-soluble and fat-soluble vitamins, major minerals, water and electrolyte, trace and ultra-trace minerals; Fibers – solubility, viscosity, gel formation, fermentability, health benefits; Sources, metabolism, functions, mechanisms of action, turnover, interaction with other nutrients, excretion, deficiency, and toxicity of nutrients

TEXT BOOKS/ REFERENCES:

1. K. Park, “Preventive and Social Medicine”, 24th Edition, Banarsidas Bhanot Publishers, 2017
2. S. S. Gropper, J. L. Smith, T. Carr, “Advanced Nutrition and Metabolism”, 7th Edition, Cengage Learning, 2016
3. A. Lehninger, M. M. Cox, D. L. Nelson “Principles of Biochemistry”, 5th Edition, Palgrave Macmillan, 2008.