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~~ABOUT THE AUTHOR : Dr. M. Swaminathan, D.Sc., F.N.A., is a specialist in Food and Nutrition with over 40 years of Research and Teaching experience. His several books on Food and Nutrition are widely used by students and teachers. Dr. M. Swaminathan was Chairman, Discipline of Applied Nutrition and Dietetics, CFTRI, Mysore.~~

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Essentials of Food and Nutrition (An Advanced Text Book)-Swaminathan 2015 Handbook of Food and Nutrition-M. Swaminathan 2012 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.

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The text summarizes key points in human nutrition and provides information about protein, fats, carbohydrates, minerals and vitamins. Special emphasis is given to the nutritional needs of infants, children, mothers and the elderly. Basic information about foods commonly found in the diets of Africans, Asians and Latin Americans is given.

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~~Introduction to Human Nutrition~~

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UK food manufacturer Cranswick has confirmed to the London Stock Exchange it is in talks to buy a local pet-food business. Get full access to all content , just \$1 for 30 days A Message From The ...

The issues that need to be addressed in combating hunger and achieving food security are highlighted in this book by a great Indian geneticist. It also discusses the major causes of chronic and hidden hunger and emphasises the need to redesign the farming system based on nutritional considerations. The role of an effective monsoon management programme to maximise its benefits is examined. There are chapters that analyse the importance of biodiversity conservation and enhancement and farmer skill development. Important issues to

increase agricultural production including investment by financial institutions in agriculture and rural development, women's role in agriculture and youth employment in rural livelihoods are discussed in great detail in the text. The book concludes that there must be synergy between scientific knowledge, political will and farmers' active participation to achieve the goal of overcoming chronic and hidden hunger in the populations of developing countries.

Orphan Crops for Sustainable Food and Nutrition Security discusses the issues, challenges, needs and opportunities related to the promotion of orphan crops, known also as neglected and underutilized species (NUS). The book is structured into six parts, covering the following themes: introduction to NUS, approaches, methods and tools for the use enhancement of NUS, integrated conservation and use of minor millets, nutritional and food security roles of minor millets, stakeholders and global champions, and, building an enabling environment. Presenting a number of case studies at the regional and country levels, the chapters cover different but highly interlinked aspects along the value chains, from acquisition and characterization of genetic diversity, cultivation and harvesting to value addition, marketing, consumption and policy for mainstreaming. Cross-cutting issues like gender, capacity building and empowerment of vulnerable groups are also addressed by authors. Representatives from communities, research for development agencies and the private sector also share their reflections on the needs for the use enhancement of NUS from their own perspectives. This book will be of great interest to students and scholars of food security, sustainable agriculture, nutrition and health and development, as well as practitioners and policymakers involved in building more resilient food and production systems.

This exciting new book is the updated and revised second edition of an extremely popular and well-received textbook. Written by Martin Eastwood, well respected internationally in nutritional sciences, this important new edition provides students with a thorough book that should be adopted for course use on many courses worldwide. Taking into account constructive comments received by students and teachers who used and enjoyed the first edition, this new edition retains the original freshness of the 1st edition, looking at nutrition as an exciting discipline. Special features within the book to help students include summaries, boxes and questions. Carefully laid out to assist learning, the book is divided broadly into sections, providing in-depth coverage of the following subjects: food in the community metabolism of nutrients by an individual, dictated by genetic makeup, measurement of an individual 's nutritional status essential, non-essential and non-nutrients; their selection, ingestion, digestion, absorption and metabolism nutritional requirements in the normal individual and for specific diseases Principles of Human Nutrition, 2nd Edition is primarily written as a course text for those studying degree courses in nutrition and dietetics and for students on modular courses on nutrition within other degree courses, e.g. food studies, medicine, health sciences, nursing and biological sciences. It is also of great value as a reference for professional nutritionists and dietitians, food scientists and health professionals based in academia, in practice and in commercial positions such as within the food and pharmaceutical industries. Multiple copies of this valuable book should also be on the shelves of all universities, medical schools and research establishments where these subjects are studied and taught. For supplementary material associated with this textbook and its contents, please visit the web pages for this book, on the publishers ' website: <http://www.blackwellpublishing.com/eastwood/> Martin Eastwood was formerly consultant gastroenterologist at the Western General Hospital, Edinburgh, U. K. and Reader in Medicine at the University of Edinburgh, U. K.

Whether you are counting your calories, carbs, or fat grams, watching your cholesterol intake or boosting fiber, The Complete Book of Food Counts is the ultimate one-volume reference, providing the latest, most accurate information on the largest possible variety of foods. You can depend on the accuracy and inclusiveness of this bestselling resource to provide all the essential counts for generic and brand-name foods, fresh, frozen, and fast-food items--even gourmet and health foods. The Complete Book of Food Counts is completely revised and updated for the sixth edition, containing thousands of new listings--including a variety of ethnic foods. You'll find:

- Calorie counts
- Carbohydrate grams
- Cholesterol milligrams
- Sodium milligrams
- Protein grams
- Fat grams
- Fiber grams PLUS
- A conversion table for weight and capacity measures
- Alphabetized listing for easy reference
- And much, much more

From A to Z, all the nutritional information you need is here--whether you are navigating the supermarket aisles or poring over recipes in your kitchen. It's the ultimate gift for yourself and your family--the gift of knowledge, of choice, of good health!

This Book Has Consistently Been Used By Students Studying The First Course In Food Science And Nutrition. In Several Universities, Diet Therapy Topics Have Been Added In The Curricula Of This Course. Therefore, Diet Therapy Has Been Added In This Revision, With A Hope Of Meeting The Changing Needs Of The Readers In This Area. The Revised Edition Incorporates Various Other Subjects, Which Are More Or Less Related To The Useful Subjects, Like Nursing, Education, Art, Social Sciences, Home Science, Medical And Paramedical Sciences, Agriculture, Community Health, Environmental Health And Pediatrics Etc. The Book Is Intended To Be An Ideal Textbook Encompassing The Following Aspects: * Introduction To The Study Of Nutrition * Nutrients And Energy * Foods * Meal Planning And Management * Diet Therapy Various Modifications Have Been Done Along With Clear Illustrations, Charts and Tables For A Visualised Practical Knowledge. Every Chapter Is Presented In A Beautiful Style With An Understandable Approach. Abbreviations Of All Terms Are Given. Glossary Is Also Available At The End For Clear Understanding. Appendices, Food Exchange Lists, Recommended Dietary Allowances For Indians And Food Composition Tables Have Also Been Included. So Many Other Useful Informations Are Given, Regarding The Food And Dietary Habits According To The Age And Height Of Males/Females. We Hope This Textbook Would Fulfil The Goal Of Serving The Cause In An Appropriate Manner Nutrition For A Disease-Free Society.

Traditionally a source of nutrition, proteins are also added to foods for their ability to form gels and stabilise emulsions, among other properties. The range of specialised protein

ingredients used in foods is increasing. Handbook of food proteins provides an authoritative overview of the characteristics, functionalities and applications of different proteins of importance to the food industry in one convenient volume. The introductory chapter provides an overview of proteins and their uses in foods. The following chapters each focus on a particular protein ingredient or group of ingredients covering their origins, production, properties and applications. The proteins discussed are caseins, whey proteins, gelatin and other meat-derived protein ingredients, seafood proteins, egg proteins, soy proteins, pea and other legume proteins, mycoprotein, wheat gluten, canola and other oilseed proteins, algal proteins and potato protein. A chapter on texturised vegetable proteins completes the volume. Innovative products and potential methods for improving nutrition and diet using these proteins are described. With its distinguished editors and international team of expert contributors Handbook of food proteins is an invaluable reference tool for professionals using food protein ingredients for both food and other applications. An authoritative overview of the characteristics, functionalities and applications of different proteins of importance to the food industry Chapters each focus on a particular protein ingredient or group of ingredients Innovative products and potential methods for improving nutrition and diet using proteins is also described

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 Alongwith 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.

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