

Nutrition From Science To Life

B. Srilakshmi

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150 years ago The chapters present the historical event where nutritional deficiency due to food shortage was improved in almost a century by the introduction of nutrition policy and practices such as the Nutrition Improvement Law The book contributed to the construction of a longevity nation by resolving the double burden of malnutrition which is a mixture of undernutrition and overnutrition and creating a social environment in which sustainable healthy diets can be accessed This publication is designed mainly for nutrition specialists nutritionists nutrition administrators medical doctors pharmacists nurses physiotherapists nutrition educators cookers nutrition volunteers health and nutrition food developers school lunch managers and etc Furthermore students studying nutrition teachers involved in the education and training of dietitians and general consumers who are interested in nutrition diets and how to improve malnutrition will find this book useful Through this book dietitians nutrition volunteers and consumers engaged in nutrition improvement can understand the significance of nutrition improvement and know specific methods Young nutritionists who will study and research nutrition can learn the importance of nutrition and take pride in nutrition research. The government official who implements nutrition policy can know the concrete method of nutrition policy Today people around the world understand the importance of nutrition and are gaining international interest However malnutrition has not improved as much as expected This book is an interesting way for everyone involved in nutrition to learn how to eradicate malnutrition from the world The translation was done with the help of artificial intelligence machine translation by the service DeepL com The present version has been revised technically and linguistically by the author in collaboration with Professor Emeritus Dr Andrew R Durkin of Indiana University

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 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

The Science of Human Behavior Maurice Parmelee, 1913

The Science of Living Well Dr. Rashmi H Poojara, Dr. Sheeba Gopalakrishnan U, Ms. Ansu Tom, Ms. Abirami A K,2025-05-06 This book titled The science of living well Latest research and trends in lifestyle management is a compilation of articles by academicians from across the country The topics covered are in line with focal themes Health and Wellness Ergonomics Women s Studies Environmental Science Health and Nursing Science Behavioral science and Psychology Food Technology and other Allied fields In its initiative to achieve excellence in research the Department of Home Science and Center For Research St Teresa s College Autonomous Ernakulam convenes a National Conference REAP Research

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