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Health, Food And Nutrition

By Maimun Nisha

2006. Hardcover. Book Condition: New. 274 The book is designed to help the reader gain a better understanding of the selected aspects of health and food. It does not set out to solve individual problems, as each persons health problems are somewhat unique. These may call for personalised attention, preferably backed by competent medical support. The most an outsider a non-medical one at that can offer is information and suggestions. Possibly disabuse some readers of a few myths that hamper healthful living. About The Author:- Ms. Maimun Nisha, a Post-graduate of Utkal University, Bhubaneshwar, Orissa, began her career in the private sector like Dietetics and weight management clinic. She is a research student of Home Science department, Utkal University, BBSR, Orissa. A PG degree-holder in Computer Science, degree-holder in Teachers Training, Diploma-holder in Food and Nutrition and Rural Development. Contents:- Preface Health Hygiene Nutrition and Food's Role Protein Carbohydrate Energy Lipid Vitamins and Minerals Water Planning of Meals Metabolism of Nutrients Food Preservation Handling of Food Food Groups Balanced Diets Food Adulteration Nutrients and its Deficiency Symptoms Dietary Survey Food Pyramid Bibliography Index. The Title 'Health, Food And Nutrition written by Maimun Nisha' was published in the year 2006. The ISBN...



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