

NUTRITION SHORT NOTES

1. Role of nutrition in maintaining health
2. Classification of food
3. Factors affecting food and nutrition
4. Role of food and its medicinal value
5. Food standards
6. Micro elements of Nutrition
7. Classification of carbohydrates
8. Deficiencies and over consumption due to carbohydrates
9. Macro element of Nutrition
10. Importance of breast milk
11. Thiamine deficiency
12. Classification of fat
13. Digestion and absorption of carbohydrates
14. Deficiencies and over consumption due to fat
15. Classification of protein
16. Kwashiorkor
17. Digestion of protein
18. Malnutrition deficiencies due to protein
19. Body mass index (BMI)
20. Dietary fibres
21. Effect of excess fat in diet.
22. Importance of menu planning.
23. Factors influencing in planning balanced diet.
24. Function of Vitamin C
25. Basic five food groups
26. Determine the factors affecting Basal metabolic rate (BMR)
27. Over hydration

28. Function of protein
29. Dehydration
30. Water deprivation
31. Pallagra.
32. Different methods of cooking.
33. Role of fibre in our diet.
34. Marasmus
35. Digestion of fat
36. Preservation of nutrients
37. Safe food handling
38. Metabolism of carbohydrates
39. Metabolism of protein
40. Food Preservation
41. food additives and its principles
42. Water intoxication
43. Electrolyte Imbalance
44. Principles, methods of cooking
45. Storage of Food
46. Therapeutic diet in High blood pressure
47. Therapeutic diet in Coronary heart disease.
48. Nutritional requirements of Preschooler
49. Preservation of food adulteration Act(PFA)
50. Specific dynamic action of food
51. Functions of Vit K
52. Dietary sources, functions, requirements and deficiency of vitamin C
53. Food standards
54. Preparation of simple beverages of different types of
55. Balanced diet
56. Role of nurse nutritional programme

57. Dietary sources, functions, requirements and deficiency of vitamin D
58. Vitamin A deficiency programme
59. Mid-day meal programme
60. Integrated child development scheme
61. National & International agencies working to wards food/nutrition
62. NIPCCD
63. CARE
64. Dietary sources and deficiency of Potassium
65. Factors affecting Iron absorption
66. FAQ
67. Iron deficiencies anaemia
68. Metabolism of fat
69. Therapeutic diet in Diarrhoea
70. Dietary sources and functions of Iron
71. NIN
72. CFTRI (Central food technology and research institute)
73. Assessment of nutritional status
74. Nutrition education and role of nurse.
75. Dietary sources, functions, requirements and deficiency of vitamin A
76. National iodine deficiency disorders (IDD) programme
77. Dietary sources, functions, and deficiency of vitamin E
78. Vitamin B deficiency
79. Dietary sources, functions, and deficiency of Niacin
80. Diet plan for pregnant and nursing mothers.
81. Folic acid
82. Dietary sources, functions, requirements and deficiency of Riboflavin
83. Role of nutrition in maintaining health
84. Functions of calcium in body.
85. Dietary sources and deficiency of Nicotinic acid

86. Boiling and frying.
87. Dietary sources and factors affecting calcium absorption
88. Dietary sources and functions of phosphorus.
89. functions and deficiency of magnesium
90. Nutritional requirements of Infants.
91. Functions of Potassium in body.
92. Effect of Copper deficiency
93. Goiter
94. Dietary sources and Iodine requirement in human being
95. Therapeutic diet in peptic ulcer
96. Functions and deficiency of Zinc.
97. Therapeutic diet in patient with Renal stone
98. Diet planning of patient with Hepatitis
99. Dietary sources of Manganese and Manganese toxicity.
100. Fluorine and dental caries.
101. Water balance in body.
102. Lathyrism
103. Nutritional requirements of Pregnant and lactating mothers.
104. Diet plan for Female heavy worker
105. Cereals and millets.
106. Functions of Vit A
107. Planning of balanced diet
108. Nutritional requirements of Adolescents.
109. Diet plan for Sedentary male worker
110. Obesity
111. Applied nutrition programme.
112. Diet planning in Diabetic mellitus
113. Food allergy
114. Therapeutic diet in Nephritis.