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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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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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An all-encompassing guide to transforming the body in a minimum of time demystifies contradictory dietary guidelines while making recommendations for informed shopping, eating and cooking. Original.

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.

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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.

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



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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.

This book disseminates current information pertaining to the modulatory effects of foods and other food substances on behavior and neurological pathways and, importantly, vice versa. This ranges from the neuroendocrine control of eating to the effects of life-threatening disease on eating behavior. The importance of this contribution to the scientific literature lies in the fact that food and eating are an essential component of cultural heritage but the effects of perturbations in the food/cognitive axis can be profound. The complex interrelationship between neuropsychological processing, diet, and behavioral outcome is explored within the context of the most contemporary psychobiological research in the area. This comprehensive psychobiology- and pathology-themed text examines the broad spectrum of diet, behavioral, and neuropsychological interactions from normative function to occurrences of severe and enduring psychopathological processes.

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This popular text has been completely revised and updated in full colour to provide comprehensive coverage of the new GCSE syllabuses in Home Economics. Revision questions are included throughout the book, with structured questions and tasks.

The newest edition of the most trusted nutrition bible. Since its first, highly successful edition in 1996, The Academy of Nutrition and Dietetics Complete Food and Nutrition Guide has continually served as the gold-standard resource for advice on healthy eating and active living at every age and stage of life. At once accessible and authoritative, the guide effectively balances a practical focus with the latest scientific information, serving the needs of consumers and health professionals alike. Opting for flexibility over rigid dos and don ' ts, it allows readers to personalize their own paths to healthier living through simple strategies. This newly updated Fifth Edition addresses the most current dietary guidelines, consumer concerns, public health needs, and marketplace and lifestyle trends in sections covering Choices for Wellness; Food from Farm to Fork; Know Your Nutrients; Food for Every Age and Stage of Life; and Smart Eating to Prevent and Manage Health Issues.

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