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Dr. (Mrs.) N. Shakuntala Manay, formerly, Head of the Department, Food and Nutrition, Central Institute of Home Science, Bangalore has B. A. (Home Science) from Mysore University and M. S. (Home Economics) from the University of Southern Illinois, USA. for her research in Home Science Education in the light of Sri Aurobindo's Philosophy, she was awarded the Ph. D. from Osmania University ...

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The Book Presents A Clear And Systematic Account Of The Composition And Nutritive Value Of Different Types Of Foods. Cereals, Pulses, Nuts, Milk, Vegetables, Fruits And Spices Have Been Discussed In Considerable Detail. Fats And Oils, Sugar And Various Beverages And Appetisers Have Also Been Explained. Separate Chapters Have Been Devoted To Eggs And Flesh Foods. Ways Of Evaluating Food Quality Alongwith Food Preservation Have Been Explained In Detail. Various Food Laws And Standards In Relation To Adulteration Have Been Highlighted Alongwith The Recent Trends In Food Technology. With Its Detailed Coverage And Simple Style Of Presentation, This Is An Essential Text For Home Science Students. This Book Is Also A Valuable Reference Source For Anyone Interested In Knowing More About Food And Nutrition.

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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