

E.M.G. YADAVA WOMEN'S COLLEGE, MADURAI -14.

(An Autonomous Institution – Affiliated to Madurai Kamaraj University)

(Re-accredited (3rd Cycle) with Grade A⁺ & CGPA 3.51 by NAAC)

CBCS

DEPARTMENT OF NUTRITION AND DIETETICS-UG

(w.e.f. 2017 – 2018 Batch onwards)

Title of the Paper : Nutrition Through Life cycle

Semester : V

Sub Code : 17N51

Contact Hours: 4

Credits: 4

Objectives:

To enable students to

1. understand the vital link between nutrition and health
2. know the factors affecting the nutrient needs during the life cycle and the RDA for different age groups.

Unit – I Nutrition during adulthood

Health, nutritional status, food pyramid, principles of menu planning ,balance diet, low cost balanced diet, RDA.

Unit – II Nutrition during pregnancy

Physiological stages of pregnancy-stages of gestation, weight gain during pregnancy, nutritional needs during pregnancy, complication of pregnancy and their dietary implications, RDA.

Nutrition during lactation

Physiological adjustments during lactation, process of stimulation of milk production, factors influencing the volume and composition of breast milk, Nutritional requirements during lactation , RDA.

Unit – III Nutrition during infancy

Growth and development, nutritional allowances for infants, breast feeding VS formula feeding , introduction of weaning foods and supplementary foods, nutrition related problems and feeding pattern .

Nutrition during preschool period

Growth and development, need and health care, food habits and nutrient intake, RDA.

Unit – IV Nutrition during school going period

Physical development, nutritional status, school lunch programme, food habits, nutritional requirements, importance of snacks, food choices, factors influencing eating habits.

Nutrition during adolescence

Change of growth, physical, physiological changes ,eating behavior, nutritional needs and nutritional problems , RDA.

Nutrition for sport person – pre game , during game and post game.

Unit – V Nutrition during old age

Physical changes, food intake, choice of foods, nutrient needs, factors affecting nutrient requirements, nutrition related problems , RDA .

Text Books :

1. SriLakshmi, B. *Dietetics*, New Age International (p) Ltd, seventh edition Chennai, 2014.
2. Swaminathan, M *Essential of food and Nutrition*, Vols.I&II: Ganesh & CO., Madras, 1985.

Reference Books :

1. Antia F.E *Clinical Dietetics and Nutrition* Oxford university press, New Delhi, 1996.
2. Davidson Passmore P. and Break J.P., *Human Nutrition and Dietetics*. The English Language Book Society, Livingston, 1996.
3. Gopalan,C., Ramasastri, B.V and BalaSubramaniam, S.C. *Nutritive value of Indian Foods*, National Institute of Nutrition,Hyderabad,1996.
4. Judith,E. Brown *Nutrition Through the Life Cycle*, Wadsworth Publishing ,2016.
5. Krause M.V., Horch M.A *Food, Nutrition and Diet Therapy* (10th edn), W.B. Saunders company, Philadelphia, 2000.