

About The Book

The book extensively covers the syllabi of Nutrition Human and General under CBCS pattern of different Universities. It comprehensively covers different aspects of food composition, human nutrition, nutrition in different physiological conditions and different age groups, genetic nutrition, sports and space nutrition. The broadness of nutrition will be beneficial for the students of nutrition, physiology, nursing, medical, paramedical and physical education. The up-to-date information is presented lucidly in the text book for the favor of our students. The RDA reference values are given according to ICMR, 2010. The new food composition table, 2017 are also given in the text book.

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Second Edition

Human Nutrition and Food Science

Goutam Dutta | Suprakash Pradhan | Dipika Das
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As Per CBCS Curriculum

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