

CONTENTS

1. Food: its production and processing.

Systems through which man interacts with the environment to obtain food.

2. Common Tropical Foods

The major cereals – Tubers and fruits used as staple foods – Legumes – Edible oil plants – Milk and milk products – Preparing a balanced diet from locally available foods.

3. Carbohydrates, Proteins and Fats and Oils: the building blocks of nutrition.

The Chemical Structure digestion and assimilation of macronutrients.

4. Nutrition in Pregnancy and Growth of the Foetus.

Effects of the previous health and nutritional status of the mother- Foetal growth – Nutritional requirements of the foetus – The role of the placenta – Mechanism of placental transfer – Nutrition of the mother – Cellular growth in the foetus – Weight at birth and body composition of the foetus – Effect of supplementing maternal diet – Intervention programmes.

5. Breast Feeding.

Human milk as a nutrient – Dangers of artificial feeding – Human milk as a protective agent – Biological mediator: a new role for breast milk – Mother infant relationship – The spacing of pregnancies – Physiology of breast feeding – Intervention Programmes.

6. The Weaning Period.

Dangers of the weaning period – Traditional dietary practices resulting in low energy intake – The role of intercurrent infections – Longitudinal studies – Gut dynamics in malnutrition – Intervention programmes – The question of bulk in the weaning diet – Provision of health services – Part-time health workers.

7. Protein – Energy Malnutrition.

Classification and Definition – Clinical features – Associated deficiencies – Pathophysiology – Management – Innovative approaches – Community centred approaches – Monitoring the nutrition of the community.

8. Micronutrients I; Vitamins in Health and Disease.

Role of vitamins – Fat soluble vitamins – Water soluble vitamins – Food sources - Deficiency diseases.

9. Nutritional Anaemia.

Prevalence – aetiological factors.

10. Micronutrients II: Trace Elements.

Role of trace elements – Causes of deficiencies – Food sources of.

11. Food-borne Illness.

Sources of food borne illness – Preventive approaches.

12. Public Health Nutrition.

The need for a district inventory of nutrition intervention – Coverage – The need for integration – Three tiers in the ice berg of malnutrition – A strategy of ‘nutrition with the people’.

13. Clinical Nutrition

Nutritional support during infective illness – nutritional support in malabsorptive syndromes – Nutritional support during chronic illness.