PET SYLLABUS FOODS, NUTRITION & DIETETICS

S.NO.	CONTENT	WEIGHTAGE
1	ADVANCES IN HUMAN NUTRITION	30%
	a. Energy requirements of population	
	 Methods of determining energy 	
	needs	
	ii. Energy imbalances-malnutrition-	
	Over & Under nutrition	
	b. Role of macronutrients in health	
	i. Simple and Complex	
	carbohydrates, Dietary fiber,	
	glycemic index &glycemic load	
	ii. Proteins-Evaluation of quality of	
	proteins, protein deficiency, food	
	sources & RDA	
	iii. Lipids-issues of quality and	
	quantity of dietary fat, importance	
	of Essential Fatty acids, food	
	sources & RDA	
	c. Micronutrients - Food sources & RDA, Effect of	
	processing, deficiency and toxicity of vitamins	
	& minerals	
	d. Health benefits of Phytochemicals and	
	Functional foods	
	e. Nutrition throughout the life cycle-infancy,	
	childhood, adolescence, adulthood, Pregnancy	
	and lactation-RDAs and Nutritional concerns	
	f. Nutrition for sports persons-energy	
	metabolism in sports, supplements, Nutritional	
	guidelines for various sports	
2	PUBLIC HEALTH NUTRITION	10%
	a. National Nutritional problems-causes and	
	symptoms	
	b. Government policies and programs to control	
	the same	
	c. National Nutrition Mission	
3	NUTRITIONAL BIOCHEMISTRY	20%
	a. Classification and metabolism of	

carbohydrates, Proteins and lipids b. Nucleic acid chemistry c. Enzymes & hormones-functions and disturbances 4 CLINICAL NUTRITION a. Nutrition care process & Theories of counselling b. Pathophysiology and principles of dietary management of the following i. Diseases of gastrointestinal system-Peptic & duodenal ulcer, pancreatitis, diverticulosis, diarrhoea & constipation ii. Liver diseases iii. Kidney diseases iii. Kidney diseases iv. Chronic degenerative diseases-Diabetes, CVD, Osteoporosis, Metabolic syndrome v. Cancer - Effect of cancer & cancer therapy on the nutritional status of patients c. Inborn errors of metabolism-dietary management 5 FOOD SCIENCE a. Principles of Food Science: Properties of carbohydrates, proteins & lipids-Structure, functional properties b. Principles of Food Preservation: Heat and cold preservation techniques, Irradiation, Fermentation, Use of preservatives c. Processing Technology of Foods: cereals, millets, legumes, oils & Fats, Fruits & vegetables, milk & Milk products, Eggs, Meat & Meat products.			-
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		products.	
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Research methodology