Nutrition BVOCOP-501

**Unit 1:**

Introduction to Nutrition and Food Science, Food Groups and Food Pyramid, Balanced diet for different age groups, recommended dietary Allowances, Assessment of Nutritional Status.

**Unit 2:**

Energy– Units, Metabolisms, Energy expenditure, and Energy imbalance, Digestion, absorption and transport of Food,

**Unit 3:**

Proteins and eye, Lipids and eye.Carbohydrates and eye, Vitamins and eye Unit 4: Minerals and trace elements and eye, Caratenoids and eye, Oxidative stress and the eye

**Unit 5:**

Vitamin A, C and E deficiency, Nutrition and ocular aging, Contraindications, Adverse reactions and ocular nutritional supplements.

**Text Book**

1. M Swaminathan: Handbook of Food and Nutrition, fifth edition, Bangalore printing& publishingCo.Ltd,Bangalore,2004

2. C Gopalan, BV Rama Sastri, SC Balasubramanian: Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad,2004

3. Frank Eperjesi&Stephen Beatty: Nutrition and the Eye: A practical Approach