**Class -1**

* *Write down the term ‘nutraceutical’. Discuss about the history of development of nutraceuticals.*

The concept of **Nutraceuticals** went back as far as 3000 years ago. **Hippocrates** (460–377 B.C) stated *‘let food be thy medicine and medicine be thy food* ’. In the early 1900s the American food manufacturers started adding small quantities of iodine to salt to prevent goiter.

Dr. Stephen DeFelice coined the term "Nutraceutical" from "Nutrition" and "Pharmaceutical" in 1989. He defined a nutraceutical as a "food, or parts of a food, that provide medical or health benefits, including the prevention and treatment of disease"

* *What is a dietary supplement? Give examples of dietary supplements.*

Dietary supplements are any substances you take to improve your health or wellness. This includes vitamins, minerals, and herbs. The most common form is a pill, or capsule. You also can get them in powders, drinks, and foods.

Or,

 Dietary supplement is a manufactured product intended to supplement a person's diet to improve the health or wellness. This includes vitamins, minerals, and herbs. The most common form is a pill, or capsule. You also can get them in powders, drinks, and foods.

* *Explain the term ‘functional food’. Give examples of functional food.*

Functional foods are any fresh or processed food claimed to have a health-promoting or disease-preventing property beyond the basic function of supplying nutrients.

* + **Probiotics and Fermented Foods:** Examples: Yogurt, kefir, kimchi.
  + **Omega-3 Fatty Acid-Rich Foods:** Examples: Fatty fish (salmon, mackerel, sardines), flaxseeds, chia seeds.
  + **Antioxidant-Rich Foods:** Examples: Berries, spinach, nuts.
  + **Fiber-Rich Foods:** Examples: Whole grains, legumes, vegetables.
  + **Functional Beverages:** Examples: Green tea, herbal teas.
  + **Fortified Foods:** Examples: Iodine fortified salt, vitamin A fortified soybean oil etc.

*What is phytochemical? Give examples. What are the health benefits of phytochemical?*

The name phytochemical comes from Greek word (phyton) which means 'plant'. **Phytochemicals** are [chemical compounds](https://en.wikipedia.org/wiki/Chemical_compound) produced by [plants](https://en.wikipedia.org/wiki/Plant), generally to help them resist fungi, bacteria and [plant virus](https://en.wikipedia.org/wiki/Plant_virus) infections, and also consumption by insects and other animals.

**Phytochemicals** are the constituents present in plants that may help in reducing the risk of developing certain diseases.

| Foods | Phytochemical | Reduce risk of |
| --- | --- | --- |
| Tomato | Lycopene | Cancer |
| Garlic | Alicin | Cancer |
| Grape | Resveratrol | CVD |

**Flavonoids:** include quercetin, catechins. Found in fruits, vegetables, tea, and red wine.

**Carotenoids:** include beta-carotene, lutein, and lycopene. Found in carrots, sweet potatoes, spinach, tomatoes, and other colorful fruits and vegetables.

**Glucosinolates:** Found in cruciferous vegetables like broccoli, cabbage, and Brussels sprouts.

**Saponins:** Found in legumes, such as beans and lentils.

**Alkaloids:** include caffeine, nicotine, and morphine (though not all alkaloids are beneficial). Found in various plants, including coffee, tea, and certain herbs.

**Terpenes:** include limonene, found in citrus fruits, and menthol, found in mint. Found in the essential oils of many plants.

**Phenolic Acids:** include ellagic acid and ferulic acid. Found in berries, nuts, and whole grains.

**Health benefits**

Phytochemicals could provide health benefits as:

1. Substrate for biochemical reactions

2. Cofactors of enzymatic reactions

3. Inhibitors of enzymatic reactions

4. Absorbents that bind to & eliminate undesirable constituent in the intestine

5. Scavengers of reactive or toxic chemicals

6. Enhance the absorption and / or stability of essential nutrients

7. Selective growth factor for beneficial bacteria

8. Fermentation substrate for beneficial bacteria

9. Selective inhibitors of deleterious intestinal bacteria

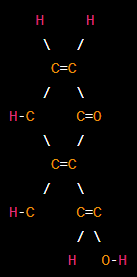
* Difference between Traditional nutraceutical vs non-traditional nutraceuticals

| Properties | Traditional Nutraceuticals: | Non-traditional Nutraceuticals: |
| --- | --- | --- |
| Definition | The products obtained from plants, animals, minerals, or microbial sources this can be referred as Traditional Nutraceuticals. | Nutraceuticals as prepared via biotechnology this can be referred as Non-Traditional Nutraceuticals. |
| Sources | Derived from natural food sources, such as fruits, vegetables, herbs, and other traditional foods. For instance, vitamin C from citrus fruits or omega-3 fatty acids from fish oil. | These products may be derived from unconventional sources, including biotechnological processes, fermentation, or innovative extraction methods. |
| Usage | Consumers commonly use traditional nutraceuticals to fill nutritional gaps, support overall health, or address specific health concerns. | Non-traditional nutraceuticals often target specific health areas, such as gut health, cognitive function, or immune support. They may be developed based on emerging scientific research. |

Class -2

* What is macrobiotic? What is its beneficial role in human body?
* What is curcumin and structure? What is physiological beneficial functions?

Curcumin is a bright yellow chemical compound that is naturally present in the turmeric. It is known for its anti-inflammatory, antioxidant, and potential anticancer properties.



* Give some examples of phytochemicals with their natural sources and functions.
* What is probiotic microorganism? Give examples. Mention their beneficial role in human.

Probiotic organisms are live microorganisms that, when consumed in adequate amounts, can provide health benefits to the host.

**Probiotic Microorganism**

* Lactobacillus
* Bifidobacterium
* Saccharomyces boulardii
* Streptococcus thermophilus
* Enterococcus faecium
* Lactococcus lactis

Some of the health benefits associated with probiotics include:

* Improved digestion and absorption of nutrients
* Reduced risk of certain gastrointestinal disorders, such as diarrhea, constipation, and irritable bowel syndrome (IBS)
* Boosted immunity
* Reduced risk of certain chronic diseases, such as heart disease, obesity, and type 2 diabetes
* Improved mood and cognitive function

Phytotoxin example- aristolochic acid. Antinutrients they inhibit the absorption of nutrients phytic acid is an antinutrient.

* What is non-traditional nutraceuticals?
* Give some examples (at least ten) of common herbals used as nutraceuticals.

| Herb | Active Compounds | Potential Health Benefits |

|--------------------|-----------------------------|-----------------------------------------------|

| Turmeric | Curcumin | Anti-inflammatory, antioxidant, joint health |

| Ginger | Gingerol | Anti-nausea, anti-inflammatory, digestive |

| Garlic | Allicin | Antioxidant, anti-inflammatory, heart health |

| Green Tea | Catechins | Antioxidant, heart health, weight management |

| Cinnamon | Cinnamaldehyde | Antioxidant, blood sugar regulation |

| Ginseng | Ginsenosides | Adaptogenic, immune support |

| Echinacea | Polyphenols, alkamides | Immune support, cold relief |

| Milk Thistle | Silymarin | Liver protection, detoxification |

| Aloe Vera | Polysaccharides, glycoproteins | Skin health, digestive benefits |

| Ashwagandha | Withanolides | Adaptogenic, stress management |

| Holy Basil (Tulsi) | Eugenol, rosmarinic acid | Adaptogenic, antioxidant, stress relief |

| Chamomile | Apigenin, bisabolol | Calming, relaxation, improved sleep |

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* How phytochemical can act as antioxidant?
* What is fortified nutraceutical?
* Which nutraceutical are available in the market?
* Give some examples of nutraceutical that are available in market?
* What is *moringa olifera*?

Class -3

* What is fiber? Discuss its classification and importance with example.
* Health benefit of dietary fiber?
* What is omega-3 and omega-6 fatty acid?
* Discuss the chemical source and important health benefits of omega 3 and omega 6 fatty acid?
* Write a short note on probiotic and its health effect?
* What is vitamin? Discuss the classification and physiological functions of vitamin?
* Explain the Antioxidant activity of vitamin C and E.
* What is polyphenol? Give examples. Discus their importance in health system.