



Institute of Home Science University of Kashmir

Hazratbal Srinagar-190006-(Kashmir) J&K
[NAAC Accredited Grade A+].



Ph.D. Integrated Course: 2019

Paper-II Advances in Food Science & Nutrition/ Dietetics & Clinical Nutrition

Unit I Nutraceuticals, Probiotics and Phytochemicals

- Nutraceuticals and functional foods.
- Probiotics and Prebiotics
- Phytochemicals
- Antioxidants
- Nutritional Genomics
- Food-drug interaction

Unit II Diet and Health

- Nutrition and chronic diseases
- Heart disease and stroke
- Hypertension
- Cancer
- Diabetes mellitus

UNIT III Nutrition for Health and Fitness

- Nutrition in weight management
- Nutrition in eating disorders
- Nutrition in exercise and sports performance
- Nutrition and bone health
- Nutrition for oral and dental health
- Nutrition for geriatric population

Unit IV Food Allergies

- Food allergy – Definition and Classification
- Epidemiology and food allergies
- Symptoms and causes of food allergies
- Diagnosis of food allergies
- Prevention and dietary management of food allergies