

**GOVT.POLYTECHNIC,
BBSR
BEAUTY CULTURE
DEPT.
DIETETICS**

PREPARED BY : MRS. SARITANJALI NAYAK,LECT. B.C

DIETETICS (CHAPTER-1)

BY;MRS SARITANJLI NAYAK,LECT,B.C

KNOWLEDGE ABOUT DIETETICS

Definition of Dietetics:-

Dietetics is the science of nutrient and art (how to prepare) of utilizing food and fundamental knowledge of nutrition, metabolism in various condition of health and disease.

The science consisting of knowledge of food composition and nutrient requirement in difficult steps of health and disease.

The art of consisting of knowledge knowing how to plan and prepare the necessary food, so that the individual will be perceived to tread that dietary programme.

Dietary programme means economic factor individual eating pattern, culture influence etc almost be considered.

Balance Diet :-

A diet is set to be balanced when it contained foods from different food groups in such a quantity and preparation that the need for nutrient and that is protein carbohydrate, Vitamin,fat,salt, and other minerals are adequately supply.

A balance diet must consisting of :-

(i) Different types of food items.

(ii) Full fill the need of different nutrient.

(iii) And also provides for the period of illness,weak, no when the diet way be possible not supply adequate amount of as the nutrients.

OR

Consisting of adequate amount of all the nutrient that provides during the periods of leanes and weakness when the diet way not be supplied.

Food :-

Food refers to anything which nourishes the body and is eatable.

Nutrient :-

The chemical composition of food are collectively forward as nutrients.

Categories of food.

Nutrient

(i) Body building food	protein & minerals
(ii) Energy giving food	Carbohydrates & fats
(iii) Protective food.	Vitamins & minerals
(iv) Regulatory food.	Water

Basic in Gredients of a normal diet:-

- (i) Cereals & millets
- (ii) Pulses & legumes
- (iii) Fruits & vegetables
- (iv) Nuts & oil seeds
- (v) Milk & milk products
- (vi) Flesh foods
- (vii) Egg
- (viii) Spices & condiments
- (ix) salt
- (x) sugar & jaggary
- (xi) Fats & oils

1. Cereals & millets :-

- (i) It is good source of carbohydrate and rare source of protein.
- (ii) Approximately 100gm of cereals contains 330 to 340ml ealories & energy.
- (iii) Cereals particularly whole grain are important sources of B complex vitamin. They also contain some amount of calcium, iron, phosphorus and other nutrient on the outer layer of the grain.
- (iv) But they're whole source for vitamin A &C.
- (v) Ex- Rice, wheat, jaklar, Bajra, Ragi,maize etc.

2. Pulses & legumes :-

- (i) They are rich sources of protein.
- (ii) They are also rich in vitamin B especially thymine & folic acid. But they don't contain vitamin A&C [where as germinated legumes contain some amount of vitamin C].
- (v) 43% of protein and 53% of carbohydrate.

3. Fruits & vegetables :-

- (i) Fruits are generally good sources of vitamin C especially amla, guava, lemon, orange and sweet lime & all yellow to orange fruits like mango, papaya, orange contains B carotene. It precursors of vitamin A & all dietary fibre.
- (ii) commonly use banana is a good source of calorie and carbohydrate in energy where as dried (raw) one is good for iron.
- (iii) So fruits are good sources and for vitamin and minerals there are the only important source for ascorbic acid (vitamin-C).
- (iv) They contain half of the vitamin A requirements are deeply are third of the iron requirements and supply (especially ladies).

Vegetables :-

Green leafy vegetables:-

- (i) They are rich sources for calcium, iron, B carotene, vitamin C, folic acid and riboflavin [B complex vitamin].

(ii) It is advisable to take at least 15 gm of green leafy vegetables daily. It includes all the important nutrients required for the growth i.e. for the maintenance of the health.

Ex- Palak [spinach], mustard leaf, drumstick leaf, amaranth leaf, fenugreek leaf, mung bean, coriander, cabbage, colocasia.

Roots & Tubers :-

(i) They are rich in carbohydrate an important source for an energy.

(ii) Yellow to orange vegetables are rich in carotene whereas potato is rich in vitamin C.

Ex:- Potato, sweet potato, yam & colocasia.

Other vegetables :-

These are all other vegetables which are not included in green leafy vegetables.

(i) They add variety to the diet and also provide vitamin C & some amount of mineral.

(ii) These vegetables are also a source of dietary fibre and give (fullness) to the diet.

Ex:- Brinjal, ladyfinger, bean, pumpkin, bitter melon, cucumber, drumstick, varieties of gourds & tomato etc.

4. Nuts & Oilseed :-

(i) They are good sources of protein, fat and calories.

(ii) They do not contain appropriate amount of carbohydrate but contain high-level of vitamin D.

(iii) Groundnut is particularly rich in B complex vitamin and nicotinic acid.

(iv) Palm oil is a rich source for vitamin A.

Ex :- walnut, cashew, coconut, pistachio, almond, groundnut, mustard seed.

Milk & milk products :-

(i) This group covers liquid, milk powder, fermented, products like butter, milk etc.

(ii) It is a good source for protein, calcium and riboflavin besides other nutrients.

(iii) It is deficient in iron and vitamin C.

(iv) It has a definite place in any balanced diet especially in vegetarian balanced diet and adult diet should have at least 150ml milk a day.

(v) Human milk has less protein than cow's milk whereas it is higher in lactose content.

6. Flesh foods :-

- (i) Flesh food like meat, poultry , feet, pork and fish are rich quality of protein and also provide vitamin O.*
- (ii) Flesh foods are also the good sources of vitamin A (liver).*
- (iii) vitamin B12 is generally absent in plant food.*
- (iv) Fish is the good sources of calcium and also contain poly unsaturated fatty acid (N3) which protect against cardiovascular disease.*
- (v) Fish is the substitute for pulses in certain belt like control diet for the poor.*

7. Egg :-

- (i) Rich source of all the nutrients except ascorbic acid .*
- (ii) Egg protein have highest nutritive qualities as comparative to any other dietary protein. That where it is used as a standard for evaluating the qualities of other proteins of food.*
- (iii) Egg white contain riboflavin.*

8. Spices & condiments :-

- (i) There are the accessory mainly used for flavouring food preparation and improve that palatability.*
- (ii) There are used in a small amount of the nutrition intake also very limited.*
- (iii) Some of the spices have rich in iron stress minerals are potassium.*
- (iv) some of condiments some chili, coriander may provide some amount of B carotene.*
- (v) Green chili contains B carotene and vitamin C.*
- (vi) Some of them like as phenol and garlic have antibacterial property in habit of purifying bacteria.*

9. Salt :-

- (i) Salt is an important addpt to our diet, Salt is contributable anything but sodium and carbohydrate. In our country sodium is lost from our body by excessive sweating and there is change for suffering from deficiency of sodium but don't take excess amount, because it associate with hypertension or high BP sodium is an extra cellular fluid [The fluid outside the cell] .*
- (ii) We can get potassium from other food where as sodium from other food is not significant, So salt should maintain the electrolyte balance of our body .*

(iii) Salt also contain iodine which is very essential for the actives of thyroid less amount of iodine to have thyroid causes a disease cause " hyps thyroidesism" like excess amount of iodine cause of "hyper thyroidesism".

10. Sugar & Jaggary :-

(i) Sugar and jaggery are sweating agents in beverages (drinks) and other food to increase it's palatibility.

(ii) They essentially supply energy.

(iii) Jaggery may contain some amount of iron, avoid refined sugar because it leads to hiar diseaset in an adult.

11. Fats & Oils :-

(i) These are butter, ghee, hydrogenated oil sunflower oil, coconut oil etc.

(ii) Fats are the sources of energy providing 9 kilo calorie per gram, vegetable oils , what contains Polly unsaraterated faly acids [P.U.F.A] like linoleic and linoleic acid which are need to meet the essential body acid [E.F.A] requirement:-

Our body needs each nutrients in a specific amount some are need in relatively large amounts known as macro nutrients and some are in a small amount know as micro nutrients.

Note :-

Precursors :-

B carotene is must widely is distributed in caritinoid plants.

Carotene :-

The yellow to orange color pigments called caritinoids which converted in to national in the body .

The caritinoids pigments are precursors for vitamin A.

The precursors reefers to a substitute which converted in to vitamin in the body. Vitamin A is also known as retanoial.

Q. What are precauros for vitamin A ?

Ans- Caritinoids B coratene.

DIETETICS (CHAPTER-2)

FOOD, NUTRITION AND HEALTH

FOOD_ 1) The term food refers to anything which nourish the body

2)It includes solid,seme-Solid and liquid food which can be consumed and helps to sustain the body and keep it healthy.

3)Food is essential because it contain substances which perform important functions in our body this essential substances are known as nutrients.

4)If this nutrients are not present in the food in sufficient amount then it results ill health and in some cases death.

So food is therefore a complex mixture of different nutrient and non nutrients i.e colouring and flavouring substances of food.

FUNCTION OF FOOD

Food having various functions especially

1)Social function

2)Pshycologica function

3) Psysiological function (a)Energy giving food

(B) Protective food

(C) Regulatory food

SOCIAL FUNCTION

1)Food and eating has significanting social meaning.

2) Sharing food with any other person is called social acceptance.

3)When you share your meal with any other person you are expressing your acceptance and friendship too.

4)Food is an integral park of festivals any where in the world.Any jayous accasion such as birth of a child or marriage are celebrated by having special and prescribed menu.

5)In AI cases food servis the function of bringing all the people together .

6)Food also has a significance and meaning in religious contact for example certain items such as sweets fruits , and coconut are offered to deirty in temples .

