CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Nutritional Biochemistry (BCH-DSE-5)	04	02	0	02	Class XII with Science and Biology	Basic courses allied to biological science

Learning Objectives

This course provides students with knowledge and understanding of the characteristics, function, metabolism and deficiency of macro and micronutrients in the human body. It involves integrated learning between the areas of Biochemistry and Nutrition.

Learning outcomes

On successful completion of the course students will be able to:

1. Critically analyse and evaluate concepts in nutritional biochemistry that are important for an understanding of human nutrition.
2. Demonstrate the relationship between nutrition and health.
3. Discuss the macro and micronutrients and their nutritional deficiencies.

4. Describe techniques used in the assessment of nutritional status and nutritional disorders.
5. Explain drug nutrient interactions.

SYLLABUS OF DSE-5

BCH-DSE-5 : NUTRITIONAL BIOCHEMISTRY
Semester – IV

2.2 Course Contents

Theory (Credits – 2)

Total Hours: 30

Unit I: Introduction to Nutrition and Energy Metabolism (4 Hours)

Defining nutrition, role of nutrients. Unit of energy, Food energy, SDA. Energy expenditure and its components, Energy Balance, Recommended Nutrient Intakes (RNI) and Recommended Dietary Allowances for different age groups.

Unit II: Macronutrients (10 Hours)

Food sources of carbohydrates, functions of carbohydrates, RDA, Factors affecting bioavailability, Glycemic index and glycemic load. Dietary fiber and the role of fibre in health. Role of Gut microbiome in maintaining health. Role of prebiotics and probiotics in nutritive health.

Essential Fatty Acids; Functions of EFA, AI, excess and deficiency of EFA, factors affecting bioavailability. Dietary implications of ratios of n6 and n3, MUFA, PUFA and SFA, Cholesterol in the body.

Functions of proteins in the body. RDA for different age groups. Essential and Nonessential amino acids. Complete and incomplete protein, Amino Acid Interactions: Antagonism, Toxicity, Imbalance, Amino acid complementation and Supplementation in foods. Protein quality determinants NPU, Biological Value, PDCAAS, Nitrogen balance. PEM: Marasmus and Kwashiorkor.

Unit III: Fat and water soluble Vitamins (9 Hours)

Vitamin A, D, E, K and dietary sources, RDA, Role of Vitamin A in Visual cycle and overview of other functions. Role of Vitamin K in Gamma carboxylation (blood clotting). Role of Vitamin E as an antioxidant. Role of Vitamin D in maintenance of bone physiology and overview of other functions. Vitamin C- Dietary sources, RDA, role in collagen synthesis. The B Complex vitamins- Dietary sources, RDA. Functions and role in metabolism, Role of Vitamin B12 and Folate in Haematopoiesis and Neurology. Biochemical basis for deficiency symptoms, Hypervitaminosis.

Unit IV: Minerals (7 Hours)

Minerals: Dietary Sources, RDA. Sodium, Potassium, Calcium, Iron, Chloride, Copper and Phosphorus- Function, metabolism, Excretion, Deficiency, Toxicity, Trace Elements Iodine, Fluoride, Mg, Zn, Se, Chromium, Molybdenum: Function, Metabolism, deficiency, Toxicity and Sources.

2.3 Practical:

Credits: 2 **Total Hours: 60**

1. Anthropometric identifications for nutrition related diseases, BMR calculation
2. Determination of oxidative stress: TBARS in serum, antioxidant enzymes in hemolysate/plant sources.
3. Estimation of A/E vitamin in serum.
4. Estimation of minerals in drugs/food/serum.
5. Determination of nutritive value of foods.
6. Understanding fortification and supplementation
7. Presentation and discussion on Food as medicine.
8. Group discussion on Nutrient-nutrient and drug-nutrient interactions
9. Case studies on nutritional disorders.

2.4 Essential readings:

1. Coombs Jr. G. F., (2008). *The vitamins, Fundamental aspects in Nutrition and Health.*
Elsevier's Publications. ISBN-13- 978-0-12- 183493-7.
2. Mahan, L.K., Strings, S.E., Raymond, J. (2012) *Krause's Food and Nutrition Care process.* Elsevier's Publications. ISBN: 978-1-4377-2233-8.

3. Rosalind Gibson (2005). *Principles of Nutritional Assessment.* Oxford University Press. ISBN: 9780195171693
4. Tom Brody (1999). *Nutritional Biochemistry* (2nd Ed). Harcourt Braces. ISBN:9814033251, 978981403325.
5. Malik, D., Narayanasamy, N., Vavilala, P., Takur, J., Sinha, N., (2022). Textbook of Nutritional Biochemistry. Springer Singapore, ISBN978-981-19-4149-8.

Suggested reading:

1. Devlin, T. M., (2011). *Textbook of Biochemistry with Clinical Correlations.* John Wiley & Sons, Inc. (New York), ISBN: 978-0-4710-28173-4.

3. Keywords

Nutrition, macronutrients, micronutrients, energy balance, nutrient deficiency

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.