



Answer All The Questions

10 X 10 = 100 Marks

1. What are Phytonutrients? Explain in detail about antioxidant and anti-inflammatory benefits of phytonutrients.
2. Explain the philosophical concepts and evolution of naturopathic diet.
3. Classification, functions and requirements of Lipids. Add a note on deficiency disorders of lipids.
4. Role of diet in detoxification.
5. Dietary sources, RDA, functions, deficiency manifestations and Hypervitaminosis of Vitamin A
6. Explain in detail about role of calcium.
7. Food additives and their impact on health.
8. Food drug interactions.
9. Explain the relation between food and Panchamahabhutas.
10. Techniques of assessment of body composition.

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