

## NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

NPTEL Video Course - Agriculture - NOC:Nutrition, Therapeutics and Health (NM)

Subject Co-ordinator - Dr. V. Vijaya Lakshmi (Instructor Incharge)

Co-ordinating Institute - IIT - Kanpur

Sub-Titles - Available / Unavailable | MP3 Audio Lectures - Available / Unavailable

Lecture 1 - Introduction  
Lecture 2 - Relationship between Food, Nutrition and Health 1  
Lecture 3 - Relationship between Food, Nutrition and Health 2  
Lecture 4 - Digestion, absorption and utilization of Nutrients 1  
Lecture 5 - Digestion, absorption and utilization of Nutrients 2  
Lecture 6 - Recommended dietary allowances  
Lecture 7 - Carbohydrate  
Lecture 8 - Fiber  
Lecture 9 - Protein  
Lecture 10 - Protein - health significance  
Lecture 11 - Fat  
Lecture 12 - Energy 1  
Lecture 13 - Energy 2  
Lecture 14 - Energy 3  
Lecture 15 - Fat Soluble Vitamins 1  
Lecture 16 - Fat Soluble Vitamins 2  
Lecture 17 - Fat Soluble Vitamins 3  
Lecture 18 - Water Soluble Vitamins 1  
Lecture 19 - Water Soluble Vitamins 2  
Lecture 20 - Water soluble Vitamins 3  
Lecture 21 - Water soluble Vitamins 4  
Lecture 22 - Major minerals 1  
Lecture 23 - Major minerals 2  
Lecture 24 - Trace minerals 1  
Lecture 25 - Trace minerals 2  
Lecture 26 - Water  
Lecture 27 - Nutritional Disorders  
Lecture 28 - Balanced diet and food groups  
Lecture 29 - Food guide for selecting adequate diet, practical aspects of food selection

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- Lecture 30 - Meal planning
- Lecture 31 - Other aspects affecting food selection
- Lecture 32 - Food sanitation and hygiene
- Lecture 33 - Water Purification
- Lecture 34 - Therapeutic adaptation of normal diet
- Lecture 35 - Principles of therapeutic diet
- Lecture 36 - Diet during fevers
- Lecture 37 - Diet in lung disease
- Lecture 38 - Diet in GI disorders & constipation
- Lecture 39 - Diet during diarrhoea
- Lecture 40 - Diet in disorders of liver
- Lecture 41 - Diseases of gall bladder
- Lecture 42 - Diet in Diabetes
- Lecture 43 - Diseases of Heart and blood vessels
- Lecture 44 - Diet for myocardial infarction
- Lecture 45 - Diet in kidney disorders
- Lecture 46 - Diet in renal failure
- Lecture 47 - Diet in cancer
- Lecture 48 - Diet in metabolic disorders
- Lecture 49 - Diet in stress, burns and surgery