

FNS 506 FUNCTIONAL FOODS

39 Hr (13× 3 units)

Course outcome:

- Describe nutraceuticals and their role in treating diseases.
- Write down the regulatory issues of nutraceuticals
- Identify the role of functional foods and its impact on health.
- Understand the benefits of nutraceutical in various diseases.

Unit I: Introduction to nutraceuticals: Definitions, synonymous terms, basis of claims for a compound as a nutraceutical, regulatory issues for nutraceuticals including **FSSAI, CODEX/USFDA, labelling issues.**

Unit II: Functional foods: Definition, functional components, types of functional foods, prebiotics and probiotics. Synbiotics, bioactive peptides and polyphenols.

Unit III: Role of nutraceuticals/functional foods: Benefits of specific nutraceuticals in cardiovascular diseases, cancer, diabetes, cholesterol management, obesity, immune enhancement, age-related macular degeneration, endurance performance, peri-menopausal syndrome – compounds and their mechanisms of action, contra-indications.

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