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Nutrition in Traditional Therapeutic Foods Vol. 1

G & Subhadra M. Subbulakshmi

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The present book on 'Nutrition in Traditional Therapeutic Foods, Vol. 1' emphasizes the available scientific evidence on the therapeutic role of selected foods in various clinical conditions. As foods with therapeutic importance are innumerable, the first volume covers 20 foods and the second volume would include the remaining. The book will be very resourceful and serve as a reference/text book to all the academic nutritionists, nutrition scientists, researchers from health sciences and nutraceuticals, research scholars, undergraduate and postgraduate students, dietitians, food technologists and biotechnologists. The book would also strengthen the food based approach for the prevention/management of lifestyle diseases and improve the quality of life.

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