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In 2017, ICMR brought out Indian Food Composition Tables; in 2020 and later revised in 2023. Expert Committee of ICMR suggested Recommended Dietary Allowances and Estimated Average Requirements. The matter from all these have been incorporated in this edition.

In addition to macro and micro nutrients, related topics such as Vitamin like substances, Nutrients and Organ Health and Nutritional Supplements are discussed in detail. Chapters on Antioxidants and Nutrigenomics are also given due importance in this book.

This is a textbook for B.Sc. Nutrition and Dietetic students. It covers the syllabi of all the Indian universities. This book is also valuable for postgraduate students of Nutrition Science and for medical and paramedical students.



B. Srilakshmi, M.Sc., MEd., MPhil, is retired after having a long career in the field of Food and Nutrition Sciences.

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