

ASSIGNMENT

1. Calcium - Food sources and Recommended allowances for Indians
2. Calcium - Deficiency Syndrome Or Symptoms and Some Conditions And/or Individuals At Risk For Deficiency
3. Effects of Hyper and hypocalcaemia
4. Distribution of Phosphors in body and functions.
5. Phosphorus- RDA, food sources, deficiency and excess
6. Role of Minerals in skeletal system
7. Role of Minerals in maintaining Electrolyte balance
8. Food sources of Magnesium, Sodium, Potassium and Chloride.
9. Recommended Dietary Allowances of Magnesium, Sodium, Potassium and Chloride for Indian Population.
10. Sodium, Potassium and Chloride - Deficiency disorders and excess
11. Food sources of Arsenic, Boron and Nickel.
12. Food sources of Silicon and Vanadium.
13. Deficiency disorders of Arsenic, Boron and Nickel
14. Deficiency disorders of Cobalt, Silicon and Vanadium
15. Functions of Ultratrace Elements in humans.