

ASSIGNMENT

- 1.Iron –Complex forms, Food sources and Recommended allowances for Indians
- 2.Iron – Functions, Deficiency Syndrome Or Symptoms and Some Conditions And/or Individuals At Risk For Deficiency
- 3.Nutritional Anemia – Prevalence rate in India for different age groups, Normal haemoglobin levels in different age groups, different stages of anaemia
- 4.Distribution of Zinc in body and functions.
- 5.Zinc- RDA, food sources, deficiency and excess
- 6.Role of Copper in physiological functions
- 7.Copper –Deficiency, Symptoms and Excess
- 8.Recommended Dietary Allowances of Copper, Manganese and Fluoride for Indian Population.
- 9.Manganese, Chromium and Fluoride - Deficiency disorders and excess
- 10.Food sources of Copper, Fluoride and Manganese.
- 11.Food sources of Chromium and Iodine.
- 12.Deficiency disorders of Fluoride and Manganese
- 13.Deficiency disorders of Selenium, Molybdenum and Iodine
- 14.Food sources of Molybdenum and Selenium.
- 15.Recommended Dietary Allowances of Iodine, Chromium, Selenium, Molybdenum and Iodine for Indian Population.