



BIOCHEMISTRY OF NUTRITION

BIO/10 - 6 CFU - 2° Semester

Teaching Staff

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COURSE STRUCTURE

Face-to-face lessons

DETAILED COURSE CONTENT

Food and human nutrition .

-The Need of energy :Energy Function of food, Hints of Bioenergetics

-Vitamins and minerals in food.

-Digestion and absorption of carbohydrates.

-Digestion and absorption of lipids.

-Digestion and absorption of proteins.

-Metabolic fate of carbohydrates, lipids and proteins in food .

-Nutritional considerations on the metabolism of carbohydrates .

-Nutritional considerations on lipid metabolism .

-Nutritional considerations on protein metabolism .

-Signal transduction

-Metabolic integration of carbohydrates, lipids and proteins; metabolic regulation in the feeding- fasting

cycle

-Nutrition and health:

- Free radicals and oxidative stress; Food as a source of antioxidants
- Nutrigenomics

TEXTBOOK INFORMATION

1. G. Arienti. Le basi molecolari della nutrizione. Ed. PICCIN
 2. U. Leuzzi, E. Bellocco, D. Barreca. Biochimica della nutrizione. Ed. ZANICHELLI
 3. N. Siliprandi, G. Tettamanti. BIOCHIMICA MEDICA. Ed. PICCIN
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