



**Value added course**

# **Nutraceuticals**

## **Modules**

- Introduction to Nutraceuticals as Science: (5 Hrs)
- Food Sources: (5 Hrs)
- Properties and functions of various nutraceuticals: (10 Hrs)
- Nutraceuticals for Disease management: (10 Hrs)

**SEMESTER  
II**

**COURSE  
DURATION  
30 HRS**

**AY  
2025-2026**

## **Course objective**

- Understanding Historical perspective, classification, scope & future prospects.
- Understanding Sources of Nutraceuticals. Relation of Nutraceutical Science with other Sciences: Medicine, Human physiology, genetics, food technology, chemistry and nutrition
- To Study about different foods as functional food: cereal products (oats, wheat bran, rice bran, etc.), fruits and vegetables, milk and milk products, legumes, nuts, oil seeds and sea foods, herbs, spices and medicinal plants. Coffee, tea and other beverages as functional foods/drinks and their protective effects.

## **Course outcome**

- Students get knowledge about Nutraceutical Science with other Sciences: Medicine, Human physiology, genetics, food technology, chemistry and nutrition
- Students understand the Food Sources Different foods as functional food: cereal products fruits and vegetables, milk and milk products, legumes, nuts, oil seeds and sea foods, herbs, spices and medicinal plants etc
- Students get knowledge Protein, complex carbohydrates like dietary fibers as functional food ingredients; probiotic, prebiotics and symbiotic foods, and their functional role
- Students understand the role of Nutraceuticals for Disease management Management of cardiovascular diseases, Diabetes, Cancer, Hypertension and Obesity by nutraceutical compounds and their mechanisms of action

## **COURSE COORDINATOR**

**MRS. ARCHANA JAGTAP**

## **NAME OF DEAN**

**DR. ABHIJEET D KULKARNI**

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