



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Biochimica dell'Alimentazione

1920-2-H4101D006-H4101D017M

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#### Aims

BIOCHEMISTRY OF NUTRITION- The module aims to describe the nutritional aspects as a source of energy in life.

#### Contents

BIOCHEMISTRY OF NUTRITION- Biochemical aspects of digestion and absorption of nutrients. Basal metabolic rate. Principles of power and fat-soluble vitamins. Homeostasis of carbohydrates, lipids and proteins. The fasting feeding cycle.

#### Detailed program

Nutrition biochemistry - Biochemical aspects of digestive processes and nutrient absorption. Basal metabolism. Caloric requirement in different physiological situations. Feeding principles. RDAs. Diets. Energy reserves of the organism. - Water-soluble and fat-soluble vitamins. - Homeostasis of carbohydrates, lipids and proteins. The feeding-fasting cycle. Classes of the main foods: 1) Animal: meat, fish, milk. 2) Vegetable: cereals, legumes, fruit, vegetables. 3) Minerals: water. Coffee, Energy Drink, Food Labels and regulations. Diets in comparison. Omnivorous / Vegetarian / Vegan Diets

#### Prerequisites

Knowledge of the introductory courses indicated in the regulation of the degree course

**Teaching form**

Lectures and practical activities

**Textbook and teaching resource**

Arienti - Le basi molecolari della Nutrizione , Piccin

**Semester**

Second Year, I semester

**Assessment method**

Written and oral examination

**Office hours**

By appointment

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