



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Biochimica dell'Alimentazione

2425-2-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. From nutrient to food. water- and fat-soluble vitamins. Homeostasis of carbohydrates, lipids and proteins. The fasting feeding cycle. Comparison between food habits.

#### 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. Comparison between food habits. Omnivorous / Vegetarian / Vegan Diets.

#### Prerequisites

## **Teaching form**

The lessons will be delivered and in person (6 lessons of 2 hrs)

## **Textbook and teaching resource**

Arienti - Le basi molecolari della Nutrizione , Piccin

## **Semester**

Second Year, I semester

## **Assessment method**

Closed-answer test (4 multiple choice questions) to check your preparation on the exam programme

## **Office hours**

By appointment request by email [emanuela.cazzaniga@unimib.it](mailto:emanuela.cazzaniga@unimib.it)

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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