

Sub. : Functional Foods and Nutraceuticals (MSC24N-415TH)

Time: 2.00 pm to 4.30 pm

10. Antioxidants help in reducing _____.

1. Define functional foods and nutraceuticals. Explain their classification, mechanisms of action, and role in disease prevention with suitable examples.
2. Discuss bioactive compounds in functional foods. Explain their sources, mechanisms, and clinical significance (antioxidants, polyphenols, omega-3, probiotics).
3. Explain regulatory frameworks and labeling of nutraceuticals with reference to Indian (FSSAI) and global guidelines. Discuss challenges in marketing and consumer acceptance.

1. Difference between functional foods and nutraceuticals
2. Role of dietary fiber as a functional component
3. Polyphenols and their classification
4. Functional foods in diabetes management
5. Probiotics and Prebiotics
6. Health claims and disease risk reduction claims