**Nutrition Health & Prevention**

**Course Code: Maj/H.Eco-FN-404**

**Checklist of Course Content**

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| **Courses** | **Sources of Course Material** |
| Health and Dietary Fiber | <https://www.slideshare.net/DrLouay/dietary-fiber-55724844>  <https://www.researchgate.net/publication/237014153_Dietary_Fibre_in_foods_A_review> (PDF FILE UPLOADED IN DOWNLOADS) |
| Obesity and Health risks | <https://www.med.umich.edu/1info/FHP/practiceguides/obesity/obesity.pdf>  <https://www.youtube.com/watch?v=0ViO_68GBJc> |
| Hypertension, | <https://www.youtube.com/watch?v=rtPQHDWg-6M>  <https://www.accp.com/docs/bookstore/psap/p2019b1_sample.pdf> |
| Cardiovascular diseases, Hyperlipidemias: prevention and treatment | <https://www.researchgate.net/publication/327244042_Chapter-15_Hyperlipidemias_and_Cardiovascular_Diseases/link/5b869691a6fdcc5f8b6f8c38/download> (PDF FILE UPLOADED IN DOWNLOADS) |
| Osteoporosis, prevention and treatment. | <https://www.youtube.com/watch?v=jUQ_tt_zJDo>  <http://www.med.umich.edu/1info/FHP/practiceguides/osteoporosis/text.pdf> |
| Dental Health | [https://slideplayer.com/slide/3718647/,%20https://www.dentalhealth.ie/assets/files/pdf/oral\_health.pdf](https://slideplayer.com/slide/3718647/,%20https:/www.dentalhealth.ie/assets/files/pdf/oral_health.pdf)  <https://www.academia.edu/36609406/Clinical_Textbook_of_Dental_Hygiene_and_Therapy.pdf> |
| Infantile Diarrhea | <https://www.slideshare.net/azadhaleem/diarrhea-in-children-55353370>  <https://www.aap.org/en-us/Documents/Module_6_Eng_FINAL_10182016.pdf> |
| Cancer and nutrition | <https://www.slideshare.net/EmbracingNutrition/cancer-nutrition>  <https://www.cancerwa.asn.au/resources/2019-03-19-Nutrition-and-Cancer.pdf> |
| Nutritional disorders with lasting effects: Nutritional anemia and Iron overload | <http://www.sah.org.ar/pdf/eritropatias/cadae1306.pdf>  <https://www.slideshare.net/samjanashrestha9/nutritional-anemia-64189478> |
| Eating disorders (anorexia nervosa, bulimia) | <https://www.slideshare.net/hebaessawy7/eating-disorder-symptoms-diagnosis-and-treatment>  <https://www.accp.com/docs/bookstore/psap/p7b03.sample03.pdf> |
| Diabetes Mellitus. | <https://www.researchgate.net/publication/311562631_DIABETES_CAUSES_SYMPTOMS_AND_TREATMENTS>  uploaded in download section of subject  <https://www.slideshare.net/100002840600351/diabetes-mellitus-72487523> |
| HIV/ AIDS | <https://www.health.ny.gov/diseases/aids/general/resources/child/docs/chapter_1.pdf>  <https://microbiologyonline.org/file/b92698b47294588bc5965c3a7f080389.pdf>  https://www.healthline.com/health/hiv-aids#hiv-transmission |