

Nutrition and Nutraceuticals for Dental Professionals

Dr. Nasir Bashirelahi

Lectures 8

Total Hours 8 (Seven-eight hrs. minimum=one-half credit; 15 hrs. maximum=1 credit)

Class Size: No Limit

Course Description:

To help the student understand the role of nutrition and nutraceuticals in dental health.

The term “nutraceutical” was coined from “nutrition” and “pharmaceutical” in 1989 by Stephen DeFelice, MD, founder and chairman of the Foundation for Innovation in Medicine (FRIM), Cranford, NJ. According to DeFelice, nutraceutical can be defined as, “a food (or part of a food) that provides medical or health benefits, including the prevention and/or treatment of a disease.” Examples: beta-carotene, lycopene and phytochemicals.

A well balanced diet, consisting of a complex mixture of good quality macronutrients (eg. carbohydrates, lipids, and proteins) and micronutrients (eg. vitamins and minerals), is required for the maintenance of optimal health. Nutraceuticals are compounds that are not classified as proteins, lipids, carbohydrates, vitamins, or minerals. They are not strict dietary requirements for humans, however, they play an important role in health and prevention of diseases. Nutritional supplements and nutraceuticals, will be described in terms of their therapeutic use in promoting health, effects in cancer prevention, use in cardiovascular disorders, and in treatment of diabetes and extending life.

Prerequisites: None

Method of Evaluation: X Classroom Attendance, participation.
 X Written Paper

Method of Grading: Pass/fail

<u>Date</u>	<u>**Time</u>	<u>Room</u>
10/5/09	1-3 pm	G307
11/9/09	1-3 pm	G307
11/16/09	1-3 pm	G307
1/11/10	1-3 pm	G307