

Nutraceuticals: Functional Foods, Herbs and Dietary Supplements 16:400:532 (graduate level) and 11:400:410 (undergraduate level). (updated 1/26/14)

Food Science Reading Room: Tuesday's, 7:35-9:35 PM Course Instructor for Spring, 2014: Dr. Marc A. Meyers (marc.meyers@meyers-consulting.com).

There will be guest lectures throughout the semester on some of the topics below (to be announced in class)

<u>Date</u>	<u>Lecture #</u>	<u>Topic</u>
1/21	1-2	Nutraceuticals in Functional Foods, Herbal products and Dietary Supplements— <u>SNOW DAY—MAKE UP ON JANURARY 28TH</u>
1/28	3-4	Vitamins, minerals, dietary supplements for optimal Health. Innovative Dietary supplement products in the market. <u>LECTURES 1-2 ALSO.</u>
2/4	5-6	Nutraceuticals in fruits, vegetables and grains with Health benefits. <u>COVER REMAINING PARTS= LECTURE 3 DUE TO SNOW DAY</u>
2/11	7-8	Nutraceuticals in Herbal products and its impact on Human health/maladies
2/18	9-10	Nutraceuticals and its effect on cancer
2/25	11-12 13-14	Nutraceuticals as antioxidants: Pros and cons Modulation of immune system by nutraceuticals. <u>Exam Review</u>
3 /4	NONE	<u>**GUEST SPEAKER: Dr. Apostolos Pappas, Johnson & Johnshon on "Skin Nutrition"</u> (Substitute Teacher---Dr. Meyers out of town)
3/11	15-16	<u>Exam #1.</u> Anti-diabetic herbals and hypolipedimic herbals. Discussion of Written Project Assignment-select topics
3/18	NONE	<u>SPRING BREAK—NO CLASS</u>
3/25	17-18	Impotence and diminished sexual performance: Herbal and nutraceutical remedies
4/1	19-20	Weight loss, anxiety, insomnia, depression: Herbals Remedies
4/8	21-22	Anti-inflammatory herbals/nutraceuticals, Digestive Aids: Herbal Remedies
4/15	23-24	Regulatory aspects/DSHEA/Qualified Health Claims.

4/22 25-26 Food processing and food product developments: Fate of nutraceuticals.
Exam Review. Written Projects due.

4/29 NONE **Final Exam #2.**

Course Instructor:

Dr. Marc A. Meyers

Adjunct Professor/Part Time Lecturer

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Student evaluation:

Student evaluation is based on Mid-term, a project report and Final exam.

Written Project: Student will select a Nutraceutical and write not less than 4 pages about the Nutraceutical and the clinical data and it's possible molecular mechanisms in health promotion. The projects are due on April 22nd.

Grading:

Mid-term exam: 30 %

Written Project and Presentation: 30 %

Final exam: 40 %.

This course will:

- a. Introduce active learning exercises and discussions.
- b. Provide an opportunity for writing and critiquing technical material.
- c. Use of online resources and key website review for health promotion data

Student performing Objectives: Students will learn more about the nutraceuticals present in the herbal products/functional foods, fruits, vegetables, grains and dietary supplements. The student will also learn more about the health benefits of nutraceuticals. Through the use of simulations and written assignments, students will begin to integrate facts and develop sufficient critical thinking skills to allow for intelligent debate on benefits and questionable effects of nutraceuticals and regulatory aspects.