This book will be helpful to diploma, graduate and postgraduate students.

Based on revised INC BSc Nursing syllabus, 2021.

Content is presented with clarity and full of explanation for each topic.

Food value and daily requirements tables are also updated.

Chapters includes learning objectives, introduction, definitions, flowcharts, nurse role in planning diet in various diseases.

Non-nursing person also can make use of this book.

Review questions (subjective and objective type) with answer keys are added at the end of each chapter for students' practice.