



Course catalogue

NUT_II_IZ 02 Bioactive compounds in food

Programme	Nutrition
Level	Master's programme
Academic year	I year
Semester	Autumn Semester
ECTS credits	6 credits
Lecturers	Ass. Prof. Dr. Daniela Nikolovska Nedelkoska Ass. Prof. Dr. Vezirka Jankulovska
Language	Macedonian
Objective	The learning objective is improved student understanding of the most important groups of bioactive compounds from natural sources, as well as their impact on human health.
Content	Phytochemicals as biologically active components from different natural sources. Polyphenols; diversity in nature, biological activity and stability. Plant pigments; classification, structure, characteristics. Sterols, saponins, glycosides, isoflavones. Bioactive components in raw materials from animal and fungal origin. Protective role of bioactive compounds in preventing the harmful effects of the present free radicals in the body. Diet in the prevention of diseases. Phytochemicals as antioxidants in food processing.
Learning materials	Reading from the primary literature are referenced in class and posted to the course website.