Welcome to the FNDH 132 Basic Nutrition Open-Access Resource!

- Front Matter
- 1: "Knowledge is power"
- 2: "We are not alone"
- 3: "We are what we eat...literally"
- 4: "I eat, therefore, I am"
- 5: "Our health is not just a fad"
- 6: "33,000 days of health"
- Back Matter
• FNDH 400: Human Nutrition (Lindshield)

This text is used for an intermediate-level, nutrition course taught on campus every spring semester, and all 3 semesters (fall, spring, summer) online. Ideally on-campus students take the course during the spring semester of their sophomore year. Most on-campus students in the class are majoring in Nutritional Sciences, Nutrition and Health (previously Public Health Nutrition), Sports Nutrition, or Dietetics.

- Front Matter
- 1: Nutrition Basics
- 2: Macronutrient Structures
- 3: Macronutrient Digestion
- 4: Macronutrient Uptake, Absorption, and Transport
- 5: Common Digestive Problems
- 6: Macronutrient and Alcohol Metabolism
- 7: Integration of Macronutrient Metabolism
- 8: Micronutrients Overview and Dietary Reference Intakes (DRIs)
- 9: Antioxidant Micronutrients
- 10: Macronutrient Metabolism Micronutrients
- 11: One-Carbon Metabolism Micronutrients
- 12: Blood, Bones and Teeth Micronutrients
- 13: Electrolyte Micronutrients
- Back Matter
This course provides students with an understanding of the science principles underlying the preparation of food. The course combines theory and hands-on laboratory experiences.

- Front Matter
- 1: Food Safety and Preparation
- 2: Proteins
- 3: Vegetables, Fruits, Soups and Salads
- 4: Cereal Grains
- 5: Sweeteners, Fats, and Desserts
- 6: Beverages
- 7: Food Selection, Preservation, and Regulation
- Back Matter