Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism and excretion. The diet of an organism is what it eats, which is largely determined by the availability, the processing and palatability of foods. A healthy diet includes preparation of food and storage methods that preserve nutrients from oxidation, heat or leaching, and that reduce risk of foodborne illness.

1: Nutrition and You

2: Achieving a Healthy Diet
3: Nutrition and the Human Body

- 4: Carbohydrates

- 5: Lipids

- 6: Proteins
7: Vitamins

8: Water and Minerals

9: Energy Balance and Healthy Weight

10: Physical Fitness
11: Food Safety Concerns and Future of our Food

- 12: From Pregnancy to the Toddler Years

- 13: From Childhood to the Elderly Years

- 14: Food Politics and Perspectives