General Nutrition Textbook (not Plant-Based)- reference for NUTRI 303 (Hagenburger)

Four chapters at the end of this book are presented using a functional approach, which means that the material is organized around physiological functions, such as fluid and electrolyte balance, antioxidant function, bone health, energy and metabolism, and blood health, instead of organizing it strictly by nutrient (as done in the earlier chapters).

- 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 Body Weight

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

15: Achieving Optimal Health: Wellness and Nutrition
Nutrients Important to Fluid and Electrolyte Balance

- Nutrients Important As Antioxidants

- Nutrients Important for Bone Health

- Nutrients Important for Metabolism and Blood Function