Manchester Community College - Introduction to Nutrition

An introduction to the study of human nutrition with emphasis on the scientific bases of facts and controversies surrounding issues of foods and diets will be taught.
Chapter 1: Nutrition and You

Chapter 2: A Healthy Diet

Chapter 3: Digestion, Absorption and Transport of Nutrients
Chapter 4: Carbohydrates

Chapter 5: Lipids

Chapter 6: Proteins
Chapter 7: Vitamins

Chapter 8: Water and Minerals