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. This book is organized 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.

- Front Matter
- 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