Manchester Community College (MCC)

- Manchester Community College - Introduction to Nutrition

An introduction to the study of human nutrition with an emphasis on the scientific bases of facts and controversies surrounding foods and diets. This text incorporates nutrition science fundamentals as well as nutrition's role in prevention and management of chronic disease.

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- 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
Chapter 9: Metabolism, Energy Balance and Body Weight
- Chapter 10: Nutrition in Fitness
- Chapter 11: Nutrition in the Lifecycle
- Chapter 12: Current Topics in Nutrition
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