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. A primary goal of this text is to provide you with information backed by nutritional science, and with a variety of resources that use scientific evidence to optimize health and prevent disease. In this chapter you will see that there are many conditions and deadly diseases that can be prevented by good nutrition. You will also discover the many other determinants of health and disease, how the powerful tool of scientific investigation is used to design dietary guidelines, and recommendations that will promote health and prevent disease.
1: Nutrition and You

2: Achieving a Healthy Diet

3: Nutrition and the Human Body

4: Carbohydrates
5: Lipids

6: Proteins

7: Nutrients Important to Fluid and Electrolyte Balance

8: Nutrients Important as Antioxidants
9: Nutrients Important for Bone Health

10: Nutrients Important for Metabolism and Blood Function

11: Energy Balance and Body Weight

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

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Thumbnail: Cornucopia of fruit and vegetables. Image used with permission (CC BY-SA 3.0; Jina Lee).