This textbook serves as an introduction to nutrition for undergraduate students and is the OER textbook for the FSHN 185 The Science of Human Nutrition course at the University of Hawai‘i at Mānoa. The book covers basic concepts in human nutrition, key information about essential nutrients, basic nutritional assessment, and nutrition across the lifespan.

- Front Matter

- 1: Basic Concepts in Nutrition
2: The Human Body

3: Water and Electrolytes

4: Carbohydrates

5: Lipids
6: Protein

7: Alcohol

8: Energy

9: Vitamins
10: Major Minerals

11: Trace Minerals

12: Nutrition Applications

13: Lifespan Nutrition From Pregnancy to the Toddler Years
14: Lifespan Nutrition During Childhood and Adolescence

15: Lifespan Nutrition in Adulthood

16: Performance Nutrition

17: Food Safety