Introduction to Nutrition Science (Bisson et. al)

This Open Educational Resource (OER) was developed under the 2020 Academic Senate for California Community Colleges (ASCCC) Open Educational Resources Initiative (OERI).

- Front Matter
1: Basic Concepts in Nutrition

2: Identifying With Food

3: Nutrition Information
4: Dietary Recommendations

5: Digestion, Absorption, and Transport of Nutrients

6: Carbohydrates
7: Lipids

8: Protein

9: Energy Balance and Healthy Body Weight
16: Nutrition For A Healthy Life

- 17: Macronutrient and Alcohol Metabolism

- Back Matter

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