Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism and excretion. The diet of an organism is what it eats, which is largely determined by the availability, the processing and palatability of foods.

- Front Matter
- 1: Nutrition and You
- 2: Achieving a Healthy Diet
- 3: Nutrition and the Human Body
- 4: Carbohydrates
- 5: Lipids
- 6: Proteins
- 7: Vitamins
- 8: Water and Minerals
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