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. A healthy diet includes preparation of food and storage methods that preserve nutrients from oxidation, heat or leaching, and that reduce risk of foodborne illness.
2: Achieving a Healthy Diet

3: Nutrition and the Human Body

4: Carbohydrates

5: Lipids
6: Proteins

7: Vitamins

8: Water and Minerals

9: Energy Balance and Body Weight
10: Physical Fitness

11: Food Safety and the Future of our Food

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

Back Matter