Book: Human Nutrition 1e (University of Hawaii)

This textbook serves as an introduction to nutrition for undergraduate students and 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
6: Protein

7: Alcohol

8: Energy

9: Vitamins
10: Major Minerals

11: Trace Minerals

12: Nutritional Applications

13: Lifespan Nutrition from Pregnancy to the Toddler Years