This book is organized by nutrient rather than using a functional approach, which means that the material is organized around nutrients such as vitamins, minerals, carbohydrates, etc... rather than physiological functions, such as fluid and electrolyte balance, antioxidant function, bone health, energy and metabolism, and blood health. Keep in mind that the nutrients must all work together in order for our body to function optimally.

- **Text**

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