

Download Basic Of Food Science And Nutrition Pdf

1 PART I Nutrition Basics and Applications Chapter 1 Introduction to Nutrition Chapter 2 Food Habits Chapter 3 Proteins and Health Chapter 4 Carbohydrates and Fats: Fundamentals of Nutrition and Foods c01.qxd 12/16/05 1:52 PM Page 1 COPYRIGHTED MATERIAL. Courtesy of PhotoDisc, Inc./Getty Images. c01.qxd 12/16/05 1:52 PM Page 2. CHAPTER1 Introduction to Nutrition Factors Influencing Food Selection Flavor Other Aspects of Food Demographics Culture and Religion Health Social and Emotional Influences Food Industry and the Media Environmental Concerns Basic ...NUTRITION NOTES NUTRITION: The process of digestion and absorption of foods and the body's use of it for growth and replacement of cells. 1. You will consume about 50 tons of food in your lifetime. Each day's intake of nutrients may affect your body only slightly, but a lifetime of poor food choices can have a devastating affect on total health. 2. Many of the top killers in this country are directly related to poor eating habits over a period of time. The Nutrition Society Textbook Series. Introduction to Human Nutrition. Introduction to Human Nutrition: a global perspective on food and nutrition