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Nutrition Overview (Chapter

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1) ~~THE BEST NUTRITION BOOKS~~

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Table Of Contents. Chapter
1: Nutrition: Food for
Health.

Smolin, Grosvenor,

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*Gurfinkel: Nutrition:
Science and ...*

- Nutrition is a science that encompasses all the interactions that occur between living organisms and food. Canadians today are eating more fast food,

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processed foods, and prepared foods and spending less time preparing meals and eating at home than 50 years ago. This is affecting the healthfulness of the diet.

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easily visualize complex
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help students easily
visualize complex processes.

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4 PART 1 NUTRITION BASICS

AND APPLICATIONS Daily

Reference Values (DRVs): a set of values that covers nutrients, such as fat and fiber, that do not appear in the RDA tables. Expressed as

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% Daily Value (%DV). Diet:
(a) the foods that a person
eats most frequently; (b)
food considered in terms of
its qualities and effects

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