

FOOD & NUTRITION

in practice



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Preface

Food & Nutrition in Practice provides learners with nutrition-related principles of human health. This introductory book sheds on the significant sources and principles of nutrition. This book comprises twelve chapters that will guide learners with comprehensive information on nutrition and health principles.

Learners will be taught the overview of nutrition and practice, emphasizing the nutritional wellness perspective. It provides the basic concept and application of nutrition to all aspects of healthy living. Along the way, learners will be introduced to the essential nutrients, their benefits to health, and their application in special diets for a specific group. This helpful resource guide will help learners acquire basic knowledge about nutrition and health. Furthermore, the tutorial question will help learners understand more about a particular topic. We hope you will enjoy this book.

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