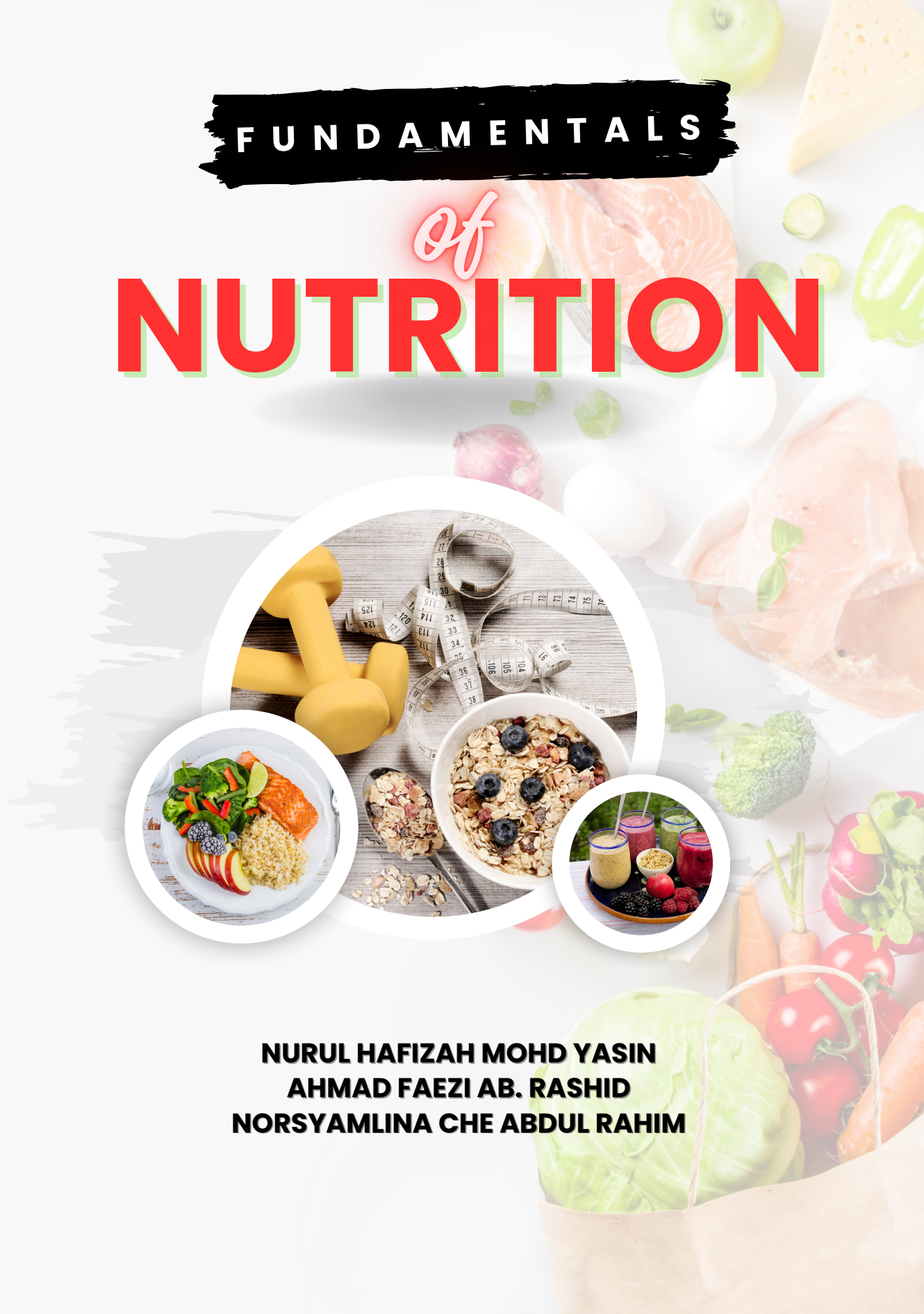


FUNDAMENTALS *of* NUTRITION



**NURUL HAFIZAH MOHD YASIN
AHMAD FAEZI AB. RASHID
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FUNDAMENTALS *of* NUTRITION

Fundamentals of Nutrition provides learners with nutrition-related principles of human health. This fundamentals book sheds on the significant sources and principles of nutrition. This book comprises seven chapters to guide learners with comprehensive nutrition and food principles information.

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.

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Preface

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We hope you will enjoy this book!

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