

Chapter 1: Food Choices and Health



**PowerPoint Lectures for
Nutrition: Concepts and Controversies, eleventh edition
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Introduction

◆ NUTRITION

The Science of how food nourishes the body

What is this chapter about??

- ◆ *Why* care about nutrition?
 - ◆ *What* are the nutrients in foods and what roles do they play in the body?
 - ◆ *What* constitutes a nutritious diet?
 - ◆ *How* do people go about making changes to their diets?
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