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Nutrition: Food for Health.

Smolin, Grosvenor, 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, 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

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4 PART 1 NUTRITION BASICS AND APPLICATIONS
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Expressed as % 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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