

BASIC CONCEPTS IN NUTRITION AND DIET THERAPY

Basic Nutrition: An overview

Definition of terms:

● Nutrition

- is the study of food in relation to health of an individual, community or society and the process through which is food is used to sustain life and growth
- is the science of food, the nutrients and other substances therein, their action, interaction and balance in relation to health and disease and the processes by which an organism ingests, digests, absorbs, transports, utilizes and excretes food substances
- is the combination of processes by which a living organism receives and utilize materials or substances needed for the maintainance of its functions and for growth and renewal of its components
- Is the science of the processes by which the body uses food for energy, maintenance and growth.

● Food

- is any substance, organic or inorganic, when ingested or eaten nourishes the body by building and **repairing tissues, supplying heat and energy, and regulation bodily process**
- Includes articles used as drink or food and the articles used for component of such (FDA)

● Food Quality

- Qualities of food
 - ◆ It is safe to eat
 - ◆ Nourishing or nutritious
 - ◆ Palatability factors (color, aroma, flavor, texture,etc..) satisfy the customer
 - ◆ It has safety value
 - ◆ It offers variety and planned within the socio-economic context (within the budget, and suitable to the lifestyle of the person, including cultural, religious practices and other aspects)
 - ◆ It is free from toxic agents or does not contain substances deemed deleterious to health.

● Nutrient

- Is a chemical component needed by the body for one or more of three general functions
 - ◆ To provide energy
 - ◆ To build and repair tissues
 - ◆ To regulate life processes
- Is a chemical substance thar is present in food and needed by the body

Mowrys Basic Nutrition And Diet Therapy

Sebastian Brünink



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