

Basic concepts of Nutrition: Food, nutrition and health

■ Definitions:

- **Food:** Food is the substance taken into the body that will help meet the body's needs for energy, maintenance of health, growth and reproduction.
- **FOOD :**Material, usually of plant or animal origin, that contains or consists of essential body nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals, and is ingested and assimilated by an organism to produce energy, stimulate growth, and maintain life.
- **NUTRITION**
- Nutrition is the science of foods, the nutrients and other substances therein; their action, interaction and balance in relationship to health and disease; the processes by which the organism ingests, digests, absorbs, transports and utilizes nutrients and disposes of their end products.
- **Nutrition** (physiology) is the organic process of nourishing or being nourished – the process by which an organism assimilates food and uses it for growth and maintenance.
- **Nutrition** is the scientific study of food and drink (especially in humans).

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