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1: Nutrition: Food for Health.

Smolin, Grosvenor, Gurfinkel: Nutrition: Science and ...

•• Nutrition is a science that encompasses all the Page 31/48

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 Page 32/48

years ago. This is affecting the healthfulness of the diet.

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answer choices are correct.

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visualize complex processes.

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set of values that cov- ers nutrients, such as fat and fiber, that do not appear in the RDA tables. Expressed as % Daily Value (%DV). Diet: (a) the foods that a person eats most frequently; (b) food considered in terms of Page 45/48

its qualities and effects

Low Nutrition Basics and

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