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FOOD NUTRITION Multiple Choice Questions and Answers :-1. A substance needed by the body for growth, energy, repair and maintenance is called a _____. A: nutrient B: carbohydrate C: calorie D: fatty acid Ans: A. 2. All of the following are nutrients found in food except _____. A: plasma B: proteins C: carbohydrates D: vitamins Ans: A

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The Encyclopedia of Foods: A Guide to Healthy Nutrition is a definitive resource for what to eat for maximum health as detailed by medical and nutritional experts. This book makes the connection between health, disease, and the food we eat. The Encyclopedia describes more than 140 foods, providing information on their history, nutrient content, and medical uses. The Encyclopedia also describes the "fit kitchen", including the latest in food safety, equipment and utensils for preparing fit foods, and ways to modify favorite recipes to ensure health and taste. Details healthy eating guidelines based on the RDA food pyramid Provides scientific basis and knowledge for specific recommendations Beautifully illustrated Extensive list of reliable nutrition resources Describes the fit kitchen from the latest in food safety to equipment and utensils for preparing fit foods to ways to modify favorite recipes to ensure health and taste

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This book constitutes the thoroughly refereed proceedings of the 3rd Andalus International Public Health Conference on Advancing Health Promotion & Disease Prevention to Improve the Quality of Life for Achieving SDGs, held in Padang, Indonesia, in October 2019. The 50 full papers presented were carefully reviewed and selected from 67 submissions. The papers reflect the conference sessions as follows: Community Nutrition, Environmental and Occupational Health, Health Promotion, Health Service, Health Policy and Information System, Reproductive and Sociocultural Health, and Communicable and Non Communicable Disease.

This book presents different articles focused on the role of nutritional properties and/or health-related claims on choice preferences, choice behavior, healthy eating/healthy diet, and the willingness to pay for certain foods.

Written in a clear, conversational style, the book begins with the fundamental concepts of nutrition and then applies those concepts to diverse demographic groups in different stages of life. You also learn how selected disease processes work, and how to help communities and individuals achieve health and healthy living.

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