



Summary

As molecular biology, biochemistry and genetics advance, nutrition has become more focused on the steps of biochemical sequences through which substances inside us and other living organisms are transformed from one form to another - metabolism and metabolic pathways. Nutrition also focuses on how diseases, conditions and problems can be prevented or lessened with a healthy diet. In addition, nutrition involves identifying how certain diseases, conditions or problems may be caused by dietary factors, such as poor diet (malnutrition), food allergies, metabolic diseases, etc. Dietary habits are actually the food choices preferred by persons in their daily life. They differ from person to person. A healthy dietary habit helps an individual to stay fit and well throughout his life.