

SUMMARY

Nutrition is the science of food, nutrients & other substances therein, their action, interaction & balance in relationship to health & disease. It includes the processes by which the organism ingests, digests, absorbs, transports & utilizes the nutrients & disposes of their end products. In addition, nutrition is concerned with social, economic, cultural & psychological implications of food and eating. The major functions of food are to support physiological status & maintain health by providing body building & regulatory activities of the body. It also provides psychological satisfaction by relieving hunger. Food provides nutrients & plays a vital role in the maintenance of good health, prevention & treatment of diseases. Nutrients are the chemical compounds present in foods & are used to nourish the body & promote our health.

Macronutrients constitute the bulk of the diet & are needed in large quantity & supply energy. Micronutrients are also essential in small quantities for the development of body tissues & other metabolic processes. Under nutrition can result from inadequate intake, mal absorption, infection or addiction to drugs & alcohol. Contrary over nutrition results from overeating & insufficient exercise. Therefore, a well-balanced diet helps in obtaining all the daily required nutrients in desirable quantity to maintain health through healthy combination of foods from various food groups.