

SUMMARY

Foods provide nutrients—substances that support the growth, maintenance, and repair of the body's tissues. A person selects food due variety of reasons such as habit, preference, culture etc but not always based on the nutrition provided by them. Food choices can have a strong effect on the health of an individual both negatively and positively. Nutritional science deals with the nature of foods in terms of the nutrients provided them, and studying the nutrient requirements across different age groups and stages of life, simplifying the process of learning proper food selection and providing recommendations for a healthy food habit leading to good nutrition and thus health throughout our life. Thus the current chapter provides the basic terms and their meaning in nutrition, nutrients available in foods grouped into categories, terms under nutrient requirements and use of BMI as an indicator of nutritional status.