

CHAPTER 1

WHAT YOU EAT AND WHY

OVERVIEW

This introductory chapter provides an overview of the study of nutrition. Nutrients and their roles in the body are discussed. Energy and how it is measured is defined. The typical N. American diet is presented along with methods the government uses to monitor consumption. The Looking Further section "Math Tools" explains the math skills required in nutrition study. Health objectives for the U.S. for the year 2010 are briefly described. Hunger, appetite, and satiety are defined and how they affect our food choices are explored. The Looking Further section, "Using Scientific Research to Determine Nutrient Needs," describes the scientific method, and discusses how to spot nutrition fallacies and find reliable nutrition information.