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## Nutrition Flashcards Chapter 1

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this set (88) A certain amount of fiber in foods contributes to the health of the digestive tract, but too much fiber leads to nutrient losses. The characteristic of diet planning illustrated by this statement is ...

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1) Which of the following BEST describes nutrition? A) Nutrition is not a science. B) Nutrition is the science that studies food and how food nourishes our bodies and influences our health. C) Nutrition is an ancient science that dates back to the fourteenth century. D) Nutrition is the science of food.

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