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Introduction. Human Nutrition. Food and Nutrition

Cleo Chana Nutrition refers to the study of the way in which the substances in food affect our health. Over the last one hundred years, American diet has changed drastically. It was not uncommon for a person's diet 100 years ago to reflect a heavy dependence on grains, fruits, and vegetables. While there is far more attention paid today to health and nutrition, the typical American diet is not as nutritionally balanced as that of our grandparents.