

NUTRITION DEFINITIONS

NUTRITION is the process by which the body takes in and uses food.

NUTRIENTS are the substances in food that your body needs to grow, to repair itself, and to supply you with energy. The 6 nutrients are protein, carbohydrates, fats, vitamins, minerals, and water.

HUNGER is a natural physical drive to eat prompted by the body's need for food.

APPETITE is a psychological desire for food.

INFLUENCES ON WHAT YOU EAT:

Family
Friends
Culture
Time
Money
Advertising
Emotions