

Nutrition

Nutrition is the science that interprets the interaction of nutrients and other substances in food (e.g. phytonutrients, anthocyanins, tannins, etc.) in relation to the maintenance, growth, reproduction, health, and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism, and excretion.

see [Nutritional status](#).

[Nutrition therapy](#).

[Ketogenic Metabolic Therapy](#)

[Antioxidant vitamin](#)

[NUTRIC Score](#)

[Diet](#)

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