Nutrition  
   
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Nutrition is the biochemical and physiological process by which an organism uses food and water to  
support its life. The intake of these substances provides organisms with nutrients (divided into macro-  
and micro-) which can be metabolized to create energy and chemical structures; too much or too little  
of an essential nutrient can cause malnutrition. Nutritional science, the study of nutrition as a hard  
science, typically emphasizes human nutrition. The type of organism de