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Identify three basic functions of nutrients in food. Define and elaborate upon four nutrition-related terms: optimal nutrition, under nutrition, malnutrition, and over nutrition. Explain the Food Guide Pyramid and the importance of the basic four food groups in planning well-balanced diet.

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Nutrition plays a role directly or indirectly in all body processes.

Basic Nutrition and Nutrition Therapy - CCCTC Home

The term "diet therapy" refers to the usage of food and nutrition in controlling symptoms and creating the best possible life for yourself through health and wellness. Some illnesses can be effectively managed by altering your diet, and diet therapy is sometimes used before surgery to ensure that surgery is absolutely necessary. If your doctor has suggested diet therapy as a means for wellness ...

What Are the Basic Principles of Diet Therapy? | Healthfully

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is a specific nutrition service and procedure that is used to treat an illness, injury, or condition; it involves an in-depth nutrition assessment of the patient, nutrition diagnosis, nutrition intervention (which includes diet therapy, counseling, and the use of specialized nutrition supplements), and nutrition monitoring and evalutation.

Chapter 17 Basic Nutrition and Diet Therapy (Nutrition Care)

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