

Without exaggeration, nutrients provide the physical and metabolic basis for nearly all that we are and all that we do. The next section introduces the science of nutrition with emphasis on the research methods scientists use in uncovering the wonders of nutrition.

## 1.3 The Science of Nutrition

**LO 1.3** Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

The science of nutrition is the study of nutrients and other substances in foods and the body's handling of them. Its foundation depends on several other sciences, including biology, biochemistry, and physiology. Nutrition is a relatively young science, but much has happened in its short life. And it is currently experiencing a tremendous growth spurt as scientists apply knowledge gained from sequencing the human genome. The integration of nutrition, genomics, and molecular biology has opened a whole new world of study called **nutritional genomics**—the science of how nutrients affect the activities of genes and how genes affect the interactions between nutrients and disease. Highlight 6 describes how nutritional genomics is shaping the science of nutrition, and examples of nutrient-gene interactions appear throughout later chapters.

**Conducting Research** Consumers sometimes depend on personal experience or social media to gather information on nutrition. Known as **anecdotes**, such personal accounts of an experience are not accepted as reliable scientific information. In contrast, researchers use the scientific method to guide their work (see Figure 1-3 and Glossary 1-1 for definitions of research terms). As the figure shows, research always begins with a problem or a question. For example, “What foods or nutrients might protect against the common cold?” In search of an answer, scientists make an educated guess (**hypothesis**), such as “foods rich in vitamin C reduce the number of common colds.” Then they systematically conduct research studies to collect data that will test the hypothesis.

In attempting to discover whether a nutrient relieves symptoms or cures a disease, researchers deliberately manipulate one variable (for example, the amount of vitamin C in the diet) and measure any observed changes that may occur (perhaps the number of colds). As much as possible, all other conditions are held constant.

**Controls** In studies examining the effectiveness of vitamin C, researchers typically divide the **subjects** into two groups. One group (the **experimental group**) receives a vitamin C supplement, and the other (the **control group**) does not. Researchers do not know which subjects are in which group. They observe both groups to determine whether one group has fewer, milder, or shorter colds than the other.

In sorting subjects into two groups, researchers must ensure that each person has an equal chance of being assigned to either the experimental group or the control group. This is accomplished by **randomization**; that is, the subjects are chosen randomly from the same population by flipping a coin or some other method involving chance. Randomization helps to eliminate bias and ensure that the two groups are “equal” and that observed differences reflect the treatment and not other factors.

Importantly, the two groups of subjects must be similar and must have the same track record with respect to colds to rule out the possibility that observed differences in the rate, severity, or duration of colds might have occurred anyway. If, for example, the control group would normally catch twice as many colds as the experimental group, then the findings prove nothing.

In experiments involving a nutrient, the diets of both groups must also be similar, especially with respect to the nutrient being studied. If those in the experimental group are receiving less vitamin C from their usual diet, then effects of the supplement may not be apparent.

**genome** (JEE-nom): the complete set of genetic material (DNA) in an organism or a cell. The study of genomes is called **genomics**.

**nutritional genomics**: the science of how nutrients affect the activities of genes (nutrigenomics) and how genes affect the activities of nutrients (nutrigenetics).

**anecdotes**: personal accounts of an experience or event; not reliable scientific information.

# Custom Published Understanding Nutrition Ch 1 13

**TD Snyder**



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**Understanding Nutrition** Eleanor Noss Whitney, Sharon Rady Rolfes, 2003-05-19 Used by more than one million students this text's clear writing dynamic visuals and integrated study aids engage and teach students the basic concepts and applications of nutrition This comprehensive text includes up to date coverage of the newest research and emerging issues in nutrition The pedagogical features of the text as well as the authors approachable style help to make complex topics easily understandable for students [Williams' Essentials of Nutrition and Diet Therapy - E-Book](#) Eleanor Schlenker, Joyce Ann Gilbert, 2014-10-15 From basic nutrition principles to the latest nutrition therapies for common diseases Williams Essentials of Nutrition Diet Therapy 11th Edition offers a solid foundation in the fundamental knowledge and skills you need to provide effective patient care Authors Eleanor Schlenker and Joyce Gilbert address nutrition across the lifespan and within the community with an emphasis on health promotion and the effects of culture and religion on nutrition Evidence based information real world case scenarios colorful illustrations boxes and tables help you learn how to apply essential nutrition concepts and therapies in clinical practice Key terms identified in the text and defined on the page help reinforce critical concepts Case studies illustrate key concepts in authentic real life scenarios that reinforce learning and promote nutritional applications Evidence Based Practice boxes summarize current research findings Diet Medication Interactions boxes provide diet warnings related to specific prescription drugs Focus on Culture boxes introduce you to cultural competence and the special nutritional needs health problems and appropriate interventions applicable to different cultural ethnic racial and age groups Health Promotion section devoted solely to health promotion and wellness stresses healthy lifestyle choices and prevention as the best medicine Focus on Food Safety boxes alert you to food safety issues related to a particular nutrient age group or medical condition Complementary and Alternative Medicine CAM boxes offer uses contraindications and advantages disadvantages of common types of herbs and supplements and potential interactions with prescription or over the counter medications Perspective in Practice boxes supply you with practice elements for nutrition education Websites of Interest call outs cite key websites with suggestions for further study and exploration of various nutrition topics at the end of each chapter NEW Clinical nutrition chapters cover the latest guidelines and medications NEW MyPlate replaces former Food Guide Pyramid NEW Dietary Guidelines for Americans reflect 2010 changes UPDATED Review questions emphasize critical thinking NEW Streamlined content provides the essentials of nutrition and diet therapy [Essential Guide to Neurodegenerative Disorders](#) Wael Mohamed, 2024-11-24 Handbook of Neurodegenerative Disorders Mechanism Diagnostic and Therapeutic Advances provides a comprehensive review on the current biomedical studies aimed at identifying the underlying causes of neurodegeneration This book reviews the most recent developments in molecular and cellular processes altered during neurodegeneration Divided into four parts the first covers the mechanism of cell death in neurodegeneration The second section reviews the recent progress in gene and gene products in neurodegeneration including Huntington's

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development of effective nutrition intervention policy     *The School Bulletin and New York State Educational Journal* ,1875  
    *The Youth's Companion* Nathaniel Willis, Daniel Sharp Ford, 1881 Includes music     **Technical Note** ,1906     *The Athenaeum* ,1909     **The Northwestern Miller** ,1910     *Athenaeum and Literary Chronicle* ,1909     **An American Dictionary of the English Language ...; to which is prefixed an introductory dissertation on the origin, history and connection of the languages of Western Asia and Europe ...** Noah Webster, 1890     *The Journal of Home Economics* ,1978     **Primitive Methodist** ,1898

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