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Smolin, Grosvenor, Gurfinkel: Nutrition: Science and ...

•• Nutrition is a science that encompasses all the interactions that occur between living organisms and food. Canadians today

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4 PART 1 NUTRITION BASICS AND APPLICATIONS

Daily Reference Values (DRVs): a set of values that covers nutrients, such as fat and fiber, that do not appear in the RDA tables. Expressed as % Daily Value (%DV).

Diet: (a) the foods that a person eats most frequently; (b) food considered in terms of

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its qualities and effects

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