

Download The Vitamins Second Edition Fundamental Aspects In Nutrition And Health

ARTICLE SUMMARY. Good maternal nutrition during pregnancy can protect the offspring from diabetes, stroke, heart disease, kidney disease, and memory loss later in life. The George Mateljan Foundation is a not-for-profit foundation with no commercial interests or advertising. Our mission is to help you eat and cook the healthiest way for optimal health. Vitamin C, also known as ascorbic acid and L-ascorbic acid, is a vitamin found in various foods and sold as a dietary supplement. It is used to prevent and treat scurvy. Vitamin C is an essential nutrient involved in the repair of tissue and the enzymatic production of certain neurotransmitters. It is required for the functioning of several enzymes and is important for immune system function. Food chemistry is the study of chemical processes and interactions of all biological and non-biological components of foods. The biological substances include such items as meat, poultry, lettuce, beer, and milk as examples. It is similar to biochemistry in its main components such as carbohydrates, lipids, and protein, but it also includes areas such as water, vitamins, minerals, enzymes ...