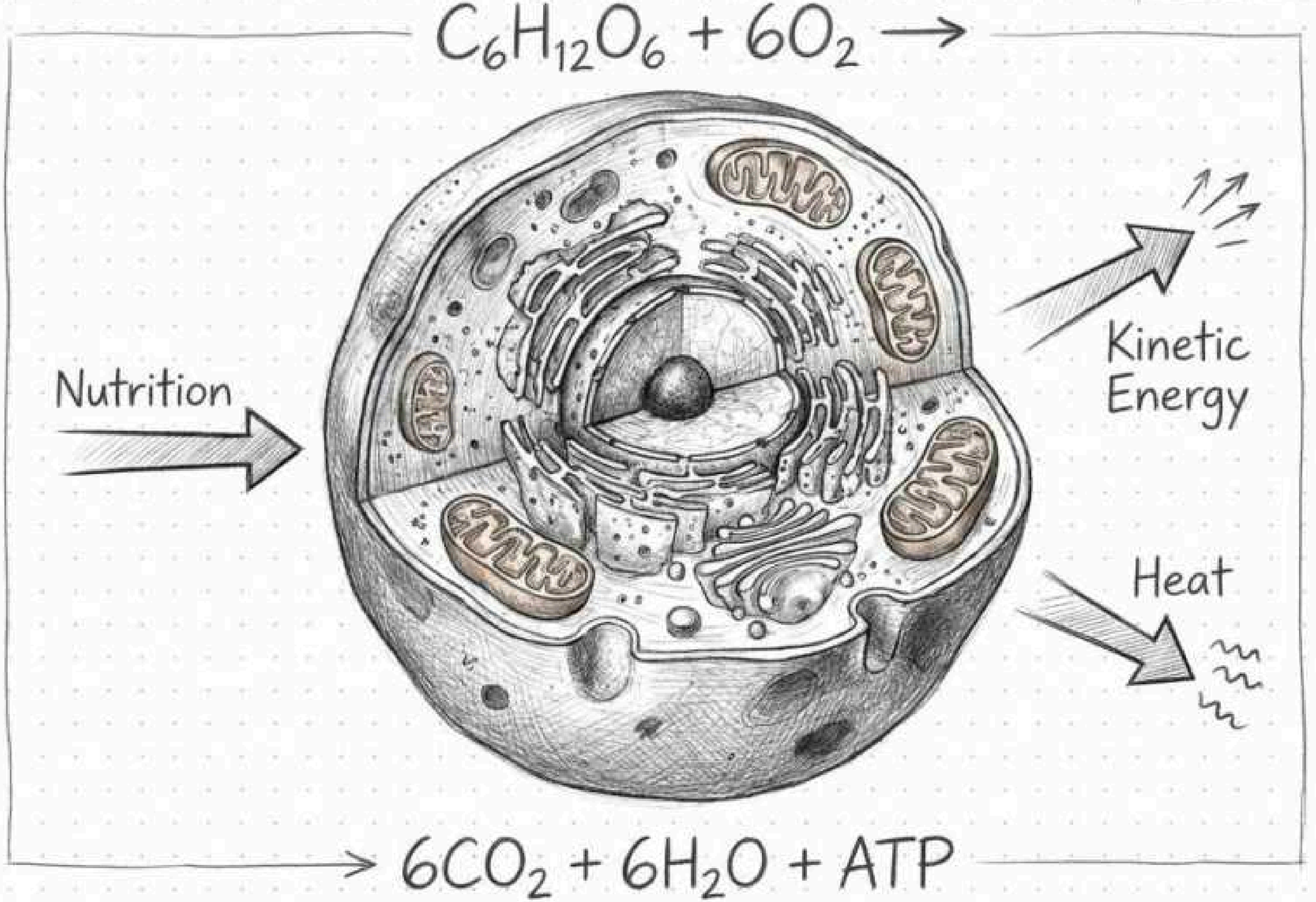
# NUTR 101 B: Introduction to Nutrition




Gemini Notebook

Welcome to Anderson Academy, a free library of university-level courses designed to be finished in about an hour. In this Introduction to Nutrition, you will learn what food does in the body, what the evidence says about eating well, and how to judge confident claims.

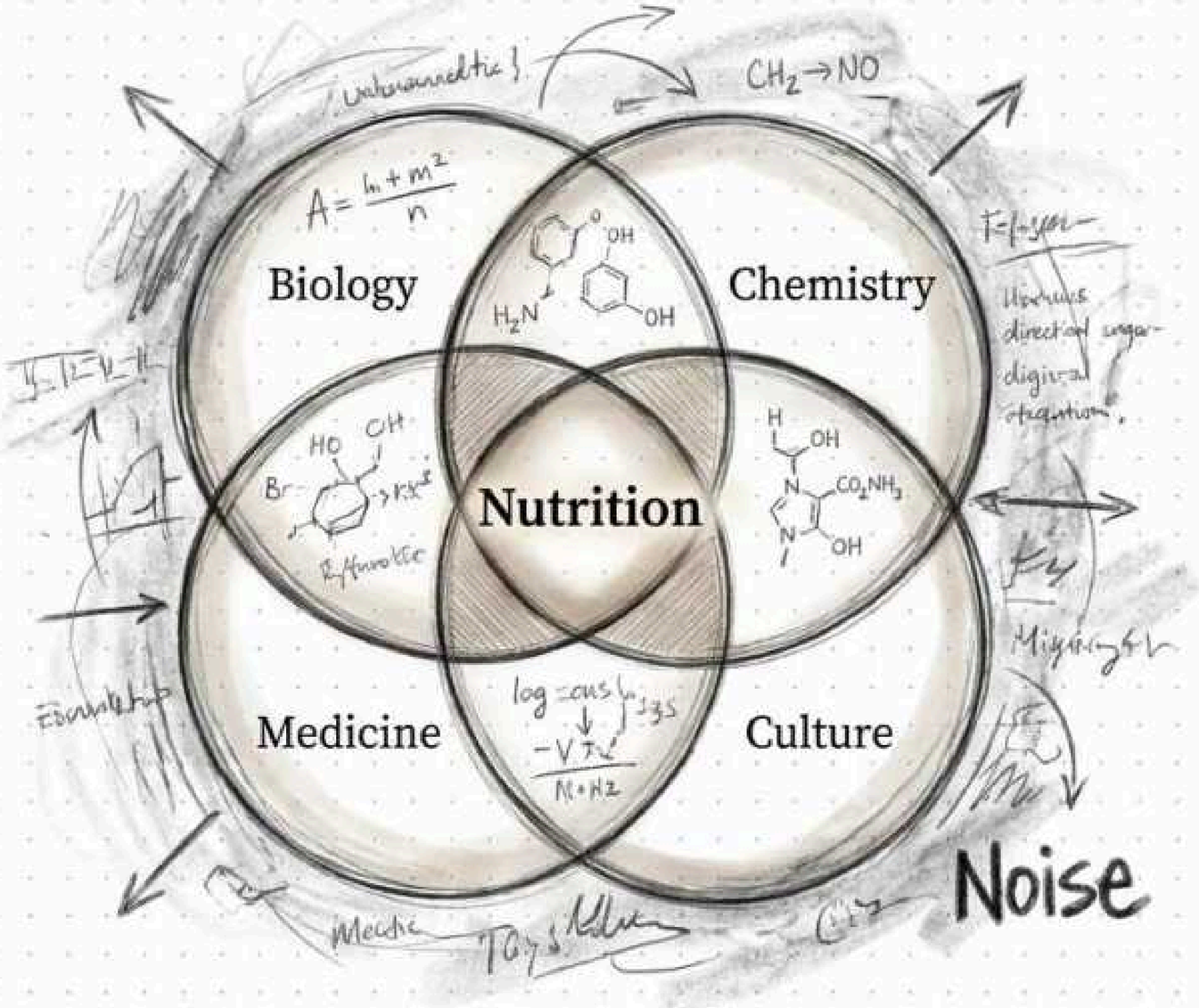



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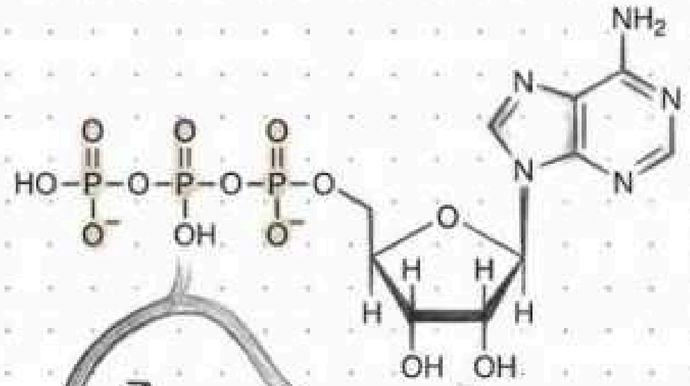
**Nutrition** is the science of how food nourishes us—what we need, how much, and what happens when we get too little or too much.

Because it is a field full of noise, careful thinking matters as much as facts.



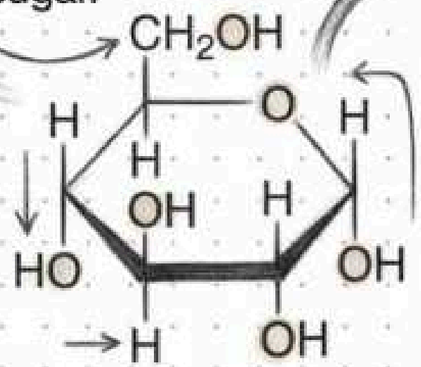

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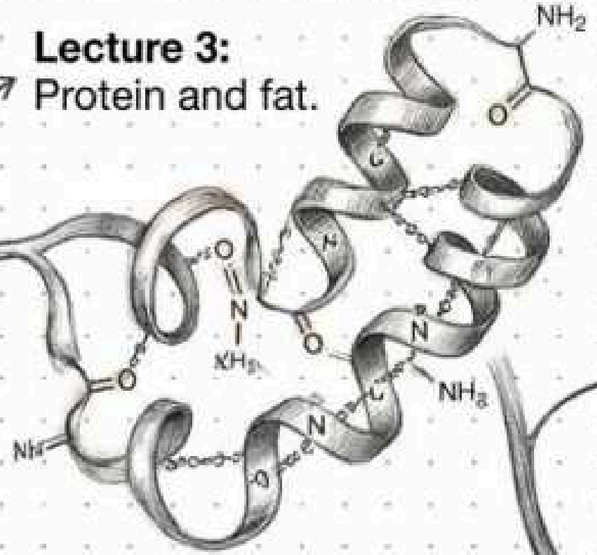


**Lecture 1:**
Energy (calories, metabolism, balance).

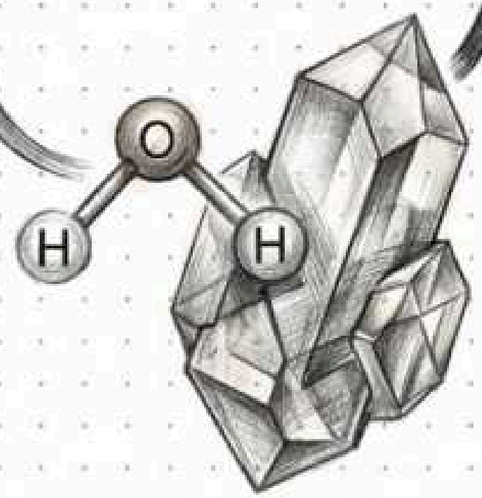
**Lecture 2:**
Carbohydrates, fiber, and blood sugar.



**Lecture 3:**
Protein and fat.



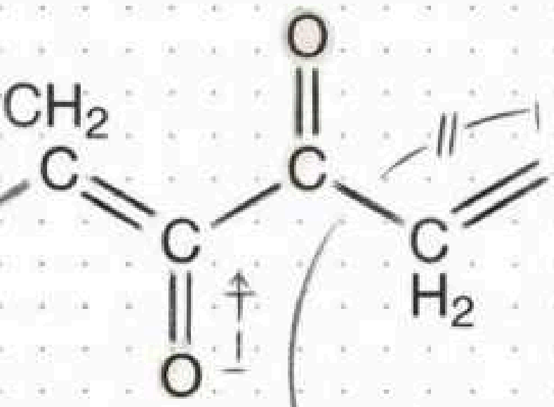
**Lecture 4:**
Vitamins, minerals, and water.



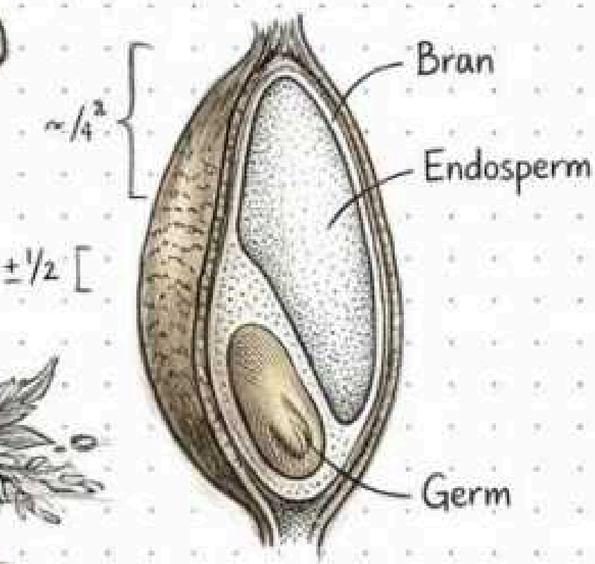
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**Lecture 5:**
Whole eating patterns (Mediterranean diet, ultra-processed foods, supplements).

**Lecture 6:**
Reading labels, keeping food safe, and judging nutrition science ("how do we know?").











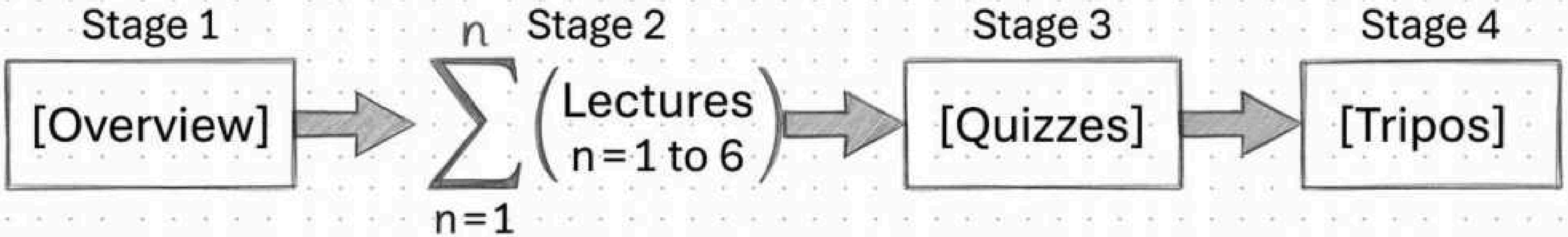
**Lecture 6:**
Reading labels, keeping food safe, and judging nutrition science ("how do we know?").

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# Every Academy course follows a set pattern.

NUTR 101 B ('B' for Brief) utilizes numbered paragraphs, 5-question quizzes, and reflective questions to guide your progress.

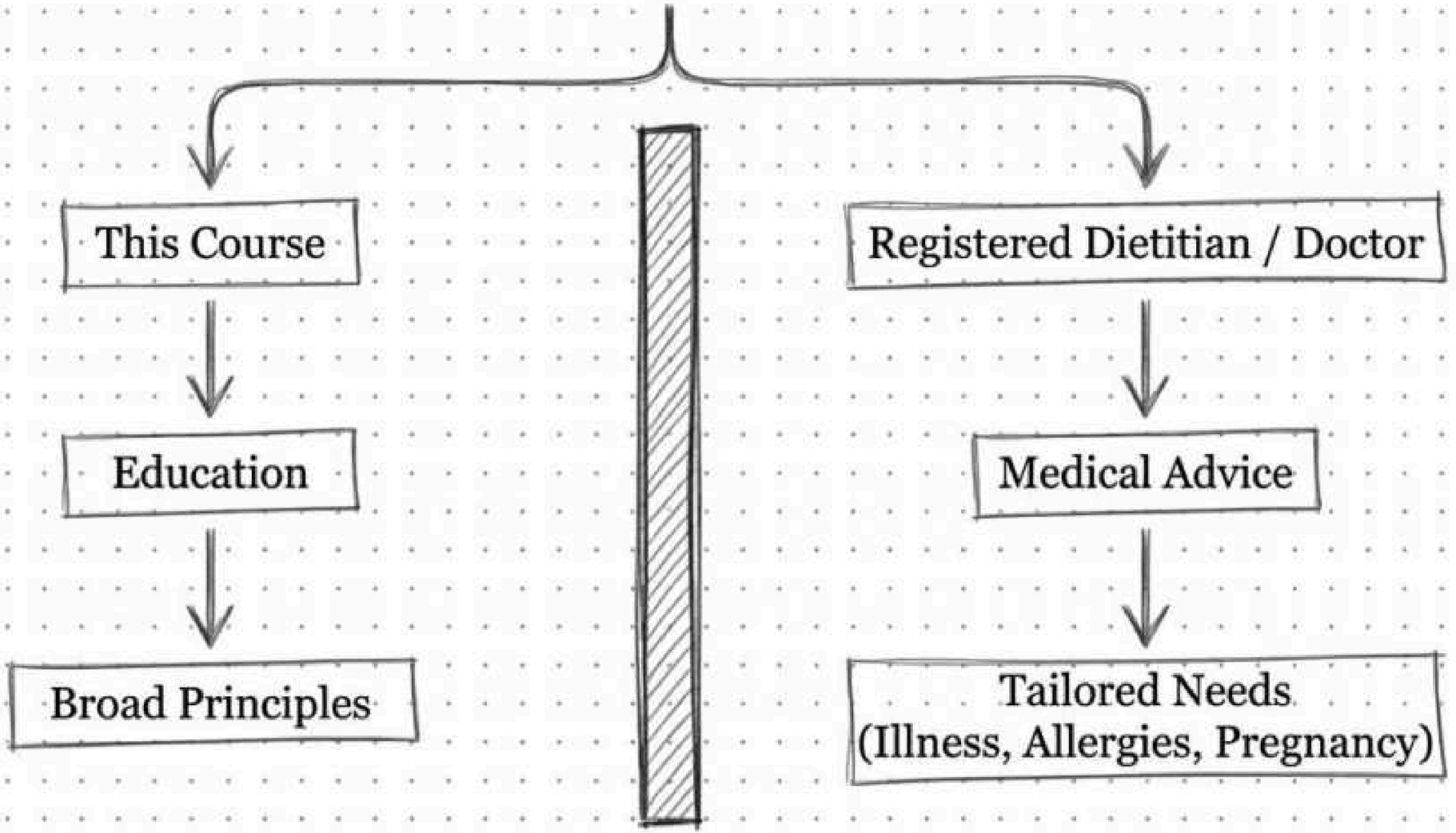



$$\sum \text{Course} \approx 1 \text{ Hour}$$

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Caution: This Course is education, not medical advice.
Needs differ with age, pregnancy, illness, allergies, and medicines.
A course cannot look at your whole situation.




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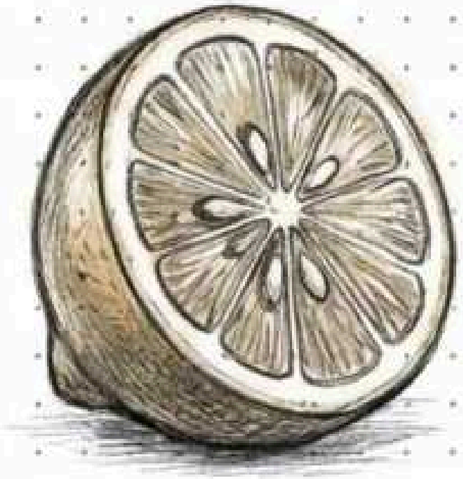
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Nutrition is a hard science to do well. Throughout the lectures, we will clarify which questions are settled and which are actively debated, evaluating the confidence of the evidence.

Absolute Certainty

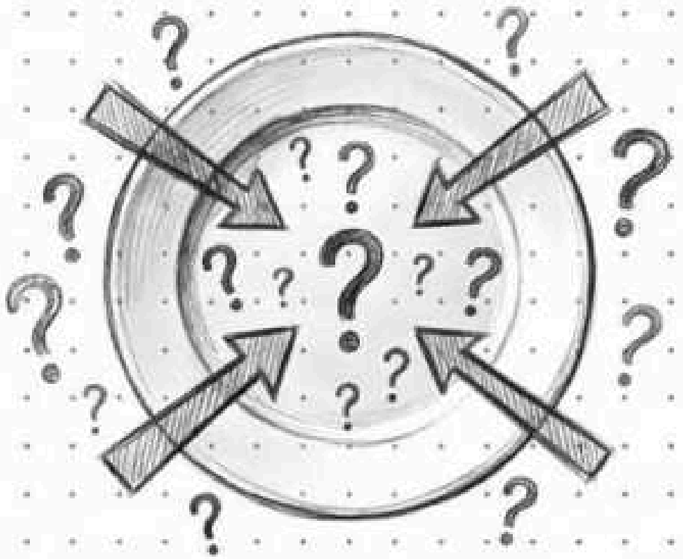
Epistemology Spectrum

Active Debate



$C_6H_8O_6$

Scurvy prevention.

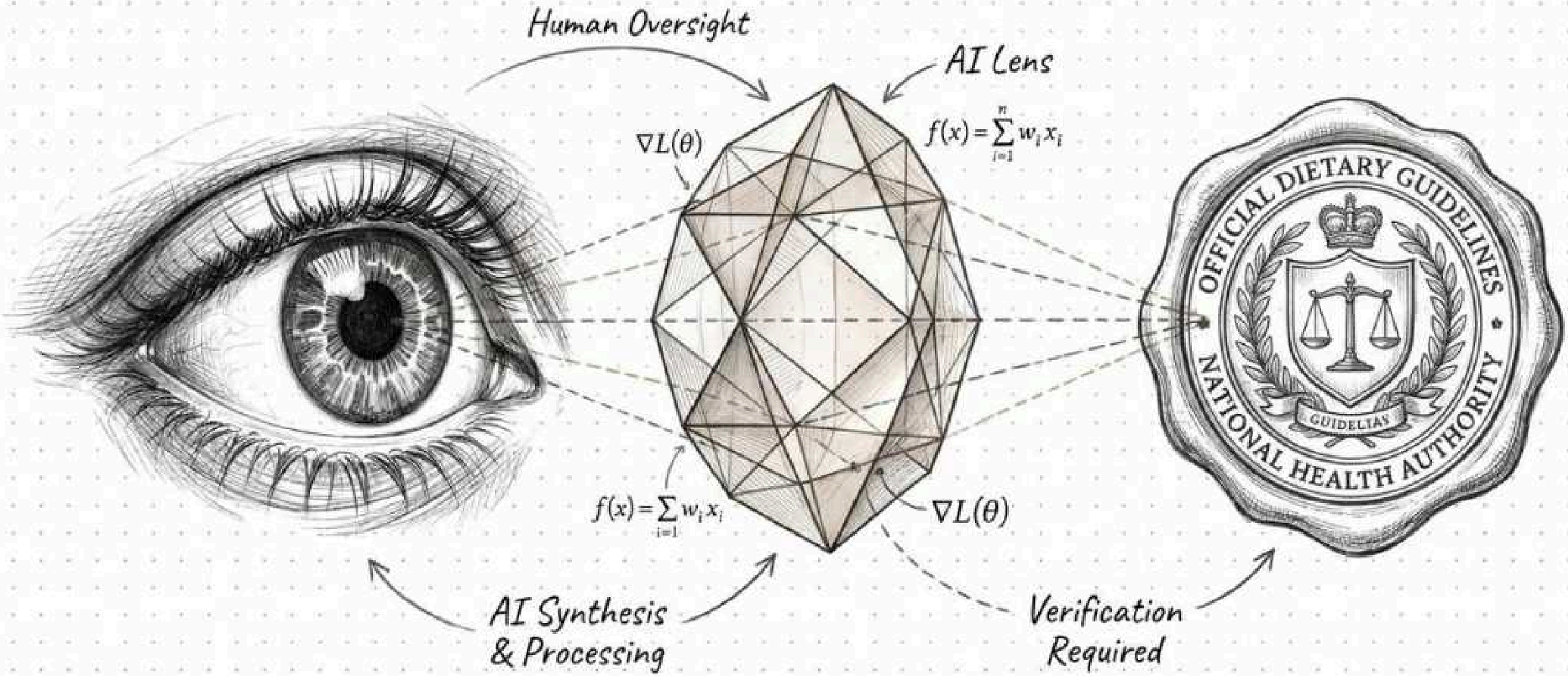


The best diet for everyone.

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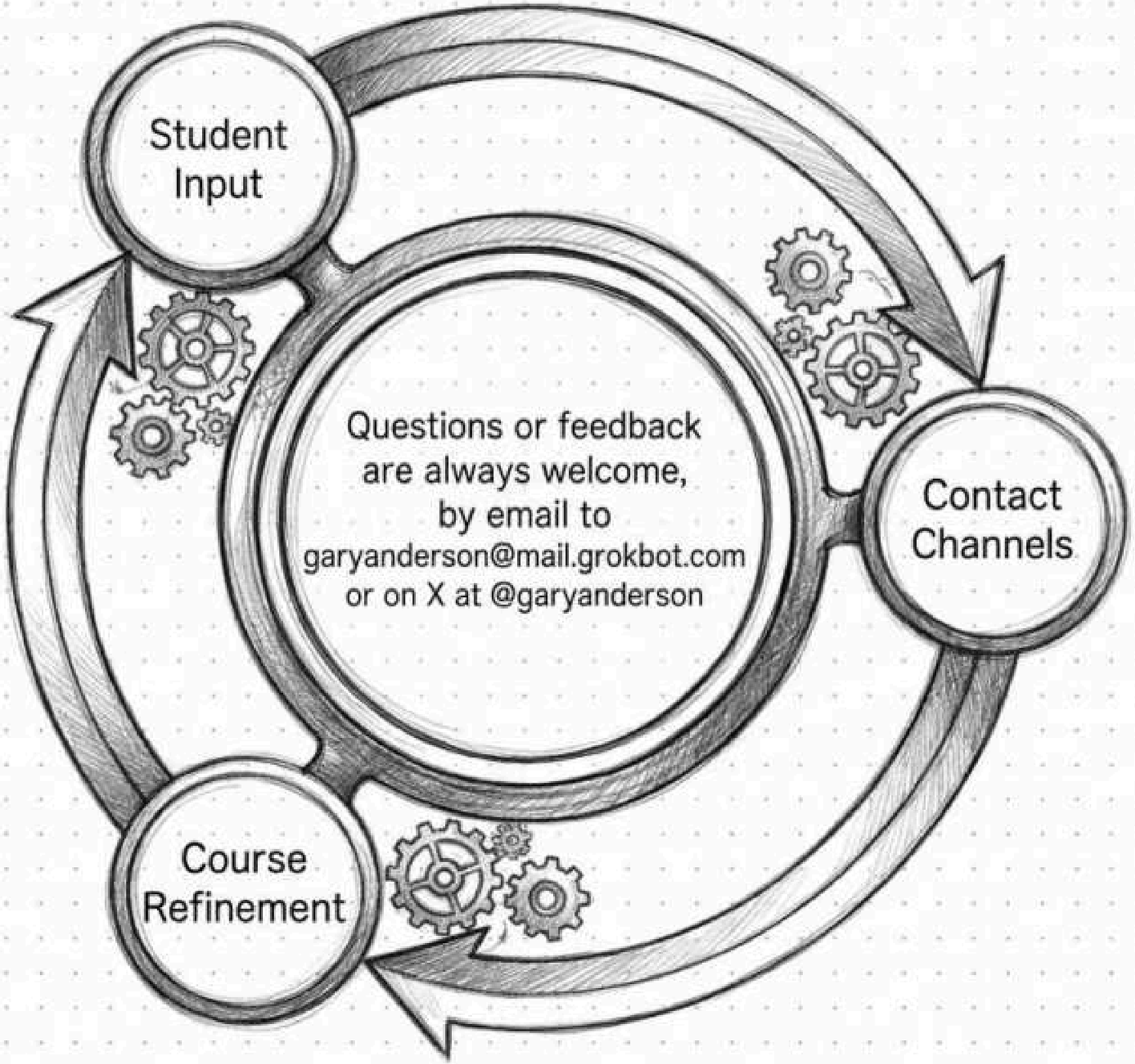
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This course was developed with the help of artificial intelligence. Because AI can make mistakes—especially with numbers—always check critical information against official sources like national dietary guidelines or a health professional.




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Now let us begin with the most basic question in nutrition:
what is food for, and where does its energy go? That is lecture one.



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