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Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism, and excretion. The diet of an organism is what it eats, which is largely determined by the availability and palatability of foods. ScienceDirect is the world's leading source for scientific, technical, and medical research. Explore journals, books and articles. Two factors have been shown to contribute to rejection or acceptance of fruits and vegetables: food neophobia and 'picky/fussy' eating. Food neophobia is generally regarded as the reluctance to eat, or the avoidance of, new foods.<sup>8</sup> Human Capital and Sustainable Economic Growth. Research on sustainability focuses largely on the carrying capacity of the environment and the deleterious impact of human activity on it.