

# Download Understanding The Basics Of Nutrition

Adequate nutrition and energy intake is important to the physical and emotional well-being, as well as the sports performance, of college athletes. Food labels are an important source of information about calories and the nutritional value of the foods you eat, a crucial tool in building a heart-healthy diet. The Nutrition Facts information is always displayed in the same orderly fashion and helps you understand how much of certain nutrients ...The following is a quick guide to reading the Nutrition Facts label. Step 1: Start with the Serving Size. Look here for both the serving size (the amount people typically eat at one time) and the number of servings in the package. Alison Hoppin, M.D., specializes in Pediatric Gastroenterology and Nutrition at the Massachusetts General Hospital in Boston. She is also the Associate Director of Pediatric Programs at the Mass General Weight Center. - Understanding The Basics Of Nutrition