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Introduction to Human Nutrition

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Its intended audience are students from the University of Hawai'i at Mānoa enrolled in the Food Science and Human Nutrition (FSHN) 185 course, The Science of Human Nutrition. However, this open access textbook may be of interest to other courses interested in teaching nutrition through a Hawai'i-Pacific framed lens. This book is best viewed online using the pressbooks format however, multiple formats (e.g., pdf, epub, mobi) are also made available.

Preface - Human Nutrition

University of Hawai'i at Mānoa Food Science and Human Nutrition Program This textbook serves as an introduction to nutrition for undergraduate students and is the OER textbook for the FSHN 185 The Science of Human Nutrition course at the University of Hawai'i at Mānoa.

