

The New Whole Foods Encyclopedia A Comprehensive Resource For Healthy Eating

The New Whole Foods Encyclopedia A Comprehensive Resource For Healthy Eating - Copper for Antioxidant Defenses, Energy Production, Bones and Blood Vessels. An essential component of many enzymes, copper plays a role in a wide range of physiological processes including iron utilization, elimination of free radicals, development of bone and connective tissue, and the production of the skin and hair pigment called melanin. For example, copper is an essential component of ...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. Organic food production is a self-regulated industry with government oversight in some countries, distinct from private gardening. Currently, the European Union, the United States, Canada, Japan, and many other countries require producers to obtain special certification based on government-defined standards in order to market food as organic within their borders. Yahoo Lifestyle is your source for style, beauty, and wellness, including health, inspiring stories, and the latest fashion trends.