



Keywords: [Nutrition](#), [Food](#), [Health](#), [Disease](#), [Treatment](#), [Prevention](#)

Introduction

The study of nutrition science research involves the investigation of the relationship between diet, nutrition, and health. It encompasses various fields such as biochemistry, physiology, and molecular biology to understand how nutrients affect the body at a cellular level.

Nutrition science research has led to significant advancements in understanding the role of diet in preventing and managing diseases. For example, the discovery of vitamins and minerals and their specific functions in maintaining health have revolutionized modern medicine.

One area of nutrition science research is the study of dietary patterns and their impact on health. This includes investigating the effects of different food groups, such as fruits, vegetables, whole grains, and lean proteins, on overall health outcomes.

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17 () 20 ()

20 30% 50 0% -36.1
-37.3

37, 3 50 70%
40
(+)
41-43

44, 45
(44 %)

46.
47, 4
6.6

1. Anthropometric parameters
2. Body composition parameters
3. Clinical parameters
4. Laboratory parameters
5. Functional status
6. Quality of life

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