



Nutrition Services Section Home

History

The roots of nutrition science can be traced back to ancient civilizations where food choices were influenced by cultural practices and observations of their effects on health. However, it wasn't until the 18th and 19th centuries that nutrition started to gain a more scientific understanding. Early work by scientists like Antoine Lavoisier laid the foundation for the understanding of metabolism and energy balance. During the 20th century, landmark discoveries such as the identification of vitamins and minerals helped shape modern nutritional science.

Antoine Lavoisier

Known as the "Father of Nutrition," he established the link between metabolism and energy balance.

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Casimir Funk

Coined the term "vitamine" (later changed to "vitamin") and laid the foundation for understanding micronutrients.

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Frances Stern

Her research on the nutritional needs of pregnant women laid the groundwork for maternal nutrition guidelines.

Industrial Applications

1.

Dietary Supplements

Providing essential nutrients in concentrated forms.

3.

School Nutrition Programs

Ensuring children receive nutritious meals.

5.

Weight Management Programs

Developing strategies for healthy weight loss and maintenance.

7.

Functional Foods

Designing foods with added health benefits.

9.

Community Nutrition Initiatives

Addressing malnutrition and food insecurity.

11.

Food Labeling

Providing nutritional information to consumers.

13.

Agricultural Practices

Enhancing nutrient content in crops.

15.

Geriatric Nutrition

Meeting the unique nutritional needs of the elderly.

17.

Precision Nutrition

Tailoring diets based on individual genetics and health markers.

19.

Sustainable Nutrition

Addressing environmental impacts of food production.