



**NUTRICIÓN Y SU RELACIÓN CON OTRAS
CIENCIAS**

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Nutrition

Marketing

influences the use of technology in order to improve the quality and healthy and functional criteria of foodstuffs. So that the consumer can make a decision based on health benefits.

Chemistry

Nutrition and chemistry are related in chemicals and chemical reactions such as those of digestion. And thanks to chemistry we will be able to understand the processes and chemical reactions that occur with food and in our bodies.

Biology

It studies the process that the body carries out when it assimilates food for its correct functioning, achieving a balance in essential nutrients naturally.

Microbiology

Its purpose is based on detecting and determining the content of germs, minimizing the risks of contamination and preventing outbreaks of foodborne illnesses..

Epidemiology

It studies how dietary patterns can influence the health of certain populations or, for example, the prevalence of a certain disorder.

Psychology

study our relationship with food. In order to explain and address this relationship, Nutrition Psychology takes into account our emotions, behaviors, as well as our social context and relationships.

Physiology

studies how nutrients participate in the synthesis of compounds, in the structure of tissues, in the mechanisms of cellular communication, in the way in which they are used from the moment they are ingested as food,...

Biochemistry

It helps us to molecularly understand all the digestive and metabolic processes that nutrients undergo during normal nutrition and that serve to rationally plan a dietary regimen.

Bromatology

It helps to understand both the nutritional characteristics and the technical properties of a food and, therefore, to better understand how to consume, prepare, handle and preserve it.

Genetics

studies how our genes influence our response to the foods we eat, how they increase or decrease the probability of suffering from some diseases.

Medicine

It is responsible for caring for those patients who suffer from diseases in which adequate nutrition is part of their treatment.

Physiotherapy

There is a direct relationship between maintaining a good diet and preventing diseases such as osteoporosis, tendinitis, ligament tears or osteoarthritis.

Hematology

studies patients with hematological problems since they have numerous nutritional problems and that is why these patients have to receive individualized nutritional care to improve their nutritional status.

Sociology

It addresses eating practices not only as behaviors or habits, but also as social practices, entailing a dimension of meaning, symbolic and common to different social groups to which the individual belongs.

Math

calculate quantities of healthy fruits and vegetables, make data graphs and tables on health-related aspects.

Linkografía

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