

Without exaggeration, nutrients provide the physical and metabolic basis for nearly all that we are and all that we do. The next section introduces the science of nutrition with emphasis on the research methods scientists use in uncovering the wonders of nutrition.

1.3 The Science of Nutrition

LO 1.3 Explain the scientific method and how scientists use various types of research studies and methods to acquire nutrition information.

The science of nutrition is the study of nutrients and other substances in foods and the body's handling of them. Its foundation depends on several other sciences, including biology, biochemistry, and physiology. Nutrition is a relatively young science, but much has happened in its short life. And it is currently experiencing a tremendous growth spurt as scientists apply knowledge gained from sequencing the human genome. The integration of nutrition, genomics, and molecular biology has opened a whole new world of study called **nutritional genomics**—the science of how nutrients affect the activities of genes and how genes affect the interactions between nutrients and disease. Highlight 6 describes how nutritional genomics is shaping the science of nutrition, and examples of nutrient-gene interactions appear throughout later chapters.

Conducting Research Consumers sometimes depend on personal experience or social media to gather information on nutrition. Known as **anecdotes**, such personal accounts of an experience are not accepted as reliable scientific information. In contrast, researchers use the scientific method to guide their work (see Figure 1-3 and Glossary 1-1 for definitions of research terms). As the figure shows, research always begins with a problem or a question. For example, “What foods or nutrients might protect against the common cold?” In search of an answer, scientists make an educated guess (**hypothesis**), such as “foods rich in vitamin C reduce the number of common colds.” Then they systematically conduct research studies to collect data that will test the hypothesis.

In attempting to discover whether a nutrient relieves symptoms or cures a disease, researchers deliberately manipulate one variable (for example, the amount of vitamin C in the diet) and measure any observed changes that may occur (perhaps the number of colds). As much as possible, all other conditions are held constant.

Controls In studies examining the effectiveness of vitamin C, researchers typically divide the **subjects** into two groups. One group (the **experimental group**) receives a vitamin C supplement, and the other (the **control group**) does not. Researchers do not know which subjects are in which group. They observe both groups to determine whether one group has fewer, milder, or shorter colds than the other.

In sorting subjects into two groups, researchers must ensure that each person has an equal chance of being assigned to either the experimental group or the control group. This is accomplished by **randomization**; that is, the subjects are chosen randomly from the same population by flipping a coin or some other method involving chance. Randomization helps to eliminate bias and ensure that the two groups are “equal” and that observed differences reflect the treatment and not other factors.

Importantly, the two groups of subjects must be similar and must have the same track record with respect to colds to rule out the possibility that observed differences in the rate, severity, or duration of colds might have occurred anyway. If, for example, the control group would normally catch twice as many colds as the experimental group, then the findings prove nothing.

In experiments involving a nutrient, the diets of both groups must also be similar, especially with respect to the nutrient being studied. If those in the experimental group are receiving less vitamin C from their usual diet, then effects of the supplement may not be apparent.

genome (JEE-nom): the complete set of genetic material (DNA) in an organism or a cell. The study of genomes is called **genomics**.

nutritional genomics: the science of how nutrients affect the activities of genes (**nutrigenomics**) and how genes affect the activities of nutrients (**nutrigenetics**).

anecdotes: personal accounts of an experience or event; not reliable scientific information.

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