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Nutrition define biology pdf

Nutrition is a broad topic that includes food components, food intake, what happens to food once in the body, the elimination of residues, and how nutrients are related to health and disease. Research, education and advertising combine to bomb the public with huge amounts of information or information about what to eat, how much and when. A strong understanding of nutrition will help people make better and healthier choices on nutrition. Foods can give health benefits beyond their nutritional value. A nutrient is an ingested chemical that is absorbed and made part of human tissues. Substances in food that are not absorbed are not considered nutritious, but can nevertheless be essential to health, such as food fiber. A chemical substance should not be digested (chemically modified) to be considered a nutrient. Water, vitamins, minerals and cholesterol are all important nutrients, for example, that are absorbed in the tissues without requiring chemical breakdown. Foods can give health benefits beyond their nutritional value. For example, fiber helps prevent colon cancer, and blueberries and blueberries promote urinary tract health. The nutrients include macronutrients (carbohydrates, lipids, proteins and water) which are consumed in large quantities and micronutrients (vitamins and minerals) that are consumed in much smaller quantities, although they are not less essential for health. Macronutrients provide raw material for fabric construction, as well as energy. The energy stored in the nutrient is measured in kilos (called simply calories in dietary). A positive energy balance means that you are consuming more pounds of one is using; excess stored mainly as fat. A negative energy budget means that we aremore calories that are eaten; this results in weight loss. Carbohydrates are the most important source of rapid energy, but they also work in the cellular-membrane structure. They include simple simple sugars, fructose and galactose; maltosis, lactose and sucrose disaccharides; and complex or polysaccharide carbohydrates, which are glycogen in human tissues and cellulose (fiber) and starch in plant tissues. Lipids provide the body with more stored energy than carbohydrates do. They are also important as components of the cell membrane, steroid hormones, and visual pigments. The adipose tissue, which is mainly stored lipid, provides insulation and protection for organs. Approximately 95 percent of body lipids are in the form of triglycerides (fat). Proteins are chains of amino acids. They are important structural components of cell membranes and extracellular materials of bones, tendons and other connective tissues and all the results of muscle contraction from protein action. Protein also works as hormones, enzymes and antibodies. Water is the most part of the body. It is the main solvent of the body, and serves in lubrication, temperature control and waste removal. A water shortage can kill more quickly than a shortage of any other nutrients. Vitamins serve a wide variety of functions to allow enzymes to work (thus contributing to body synthesis), and vision, immunity, protection from harmful free radicals and absorption of other nutrients. Liposoluble vitamins (A, D, E and K) are absorbed with food fat and stored mainly in the liver. Hydrosoluble vitamins (vitamin C and vitamins B) are not stored in the body (except vitamin B12), since they mix freely with body fluids and are quickly excreted by kidneys. Minerals are chemical elements such as sodium, potassium, chlorine, calcium, iron, magnesium, manganese and phosphorus. They finally come from the ground and pass the food chain from plants to humans. Some minerals serve as electrolytes — salts whichin water from charged particles (ions), whose movements through cell membranes produce nerve signals and muscle contractions (including theMinerals have an important effect on osmosis and therefore strongly affect the body's water balance. They act as cofactors that allow many enzymes to function. Calcium and phosphorus are important components of bones and teeth. Phosphorus is also a part of the deoxyribonucleic acid (DNA), ribonucleic acid (RNA), adenosin triphosphate (ATP), and phospholipids that make up the cell membranes. Iodine is necessary to make thyroid hormone, and iron to make hemoglobin. A good diet clings to hunger and thirst, which are both controlled by centers in the hypothalamus of the brain. Silk is triggered by dehydration and hunger by a low concentration of glucose in the blood. Long-term satiety (satisfaction) of thirst and hunger results when the content of water and blood glucose returns to normal. The hypothalamus thus regulates the patterns of eating and drinking, although these are also subject to factors such as habit, stress, daytime, social obligations, and availability of food and drink. The food pyramid is a chart of the relative amounts of different food categories recommended for a daily healthy diet. International Food Information Council. < > . Johnson, Rachel and Eileen Kennedy. "The 2000 American guidelines: what are the changes and why have they been made?" Journal of the American Dietetic Association 100, n. 7 (2000): 769–774. Lachance, Paul A. "Overview of Key Nutrients: Micronutrient Aspects." Reviews 56, n. 4 (98): 534–539. United States Department of Agriculture. < . Explains the food pyramid as a guideline for good food. Wardlaw, Gordon and Paul Insel. Perspectives in nutrition. St Louis, MO: Mosby, 1993. 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