

NUTRITION AND DIET THERAPY (Theory)

Nutrition is a vital component to overall wellness and health. **Diet** affects energy, well being and many disease states. There is a connection between lifetime nutritional habits and the risks of many chronic diseases such as cardio vascular diseases, diabetes, cancer. A well balanced diet can prevent such conditions and improve energy levels and over all health and wellness. *The basis of nutrition is* **FOOD**.

DEFINITION OF TERMS:

1. **Nutrition** is the study of food in relation to health.
2. **Food** is any substance when ingested or eaten nourishes the body.
3. **Nutrient** - is a chemical component needed by the body to provide energy, to build and repair tissues and to regulate life process.
4. **Digestion** - it is a mechanical and chemical breakdown of food into smaller components.
5. **Absorption** - it is a process where the nutrients from foods are absorb by the body into the bloodstreams.
6. **Metabolism** - is a chemical process of transforming foods into other substance to sustain life.
7. **Enzymes** - an organic catalyst that are protein in nature and are produced by living cells.

A **catalyst** speeds up or slows down chemical reactions without itself undergoing change.

8. **Nutritional Status** - is the condition of the body resulting from the utilization of essential nutrients.
9. **Calorie** - fuel potential in a food. One calorie represents the amount of heat required to raise one liter of water one degree Celsius.
10. **Malnutrition** - It is the condition of the body resulting from a lack of one or more essential nutrients or due to excessive nutrient supply.

THE DIGESTIVE SYSTEM

Mouth: The digestive process begins in the mouth. Food is partly broken down by the process of chewing and by the chemical action of salivary amylase (these enzymes are produced by the salivary glands and break down starches into smaller molecules).

On the way to the stomach:

Esophagus: After being chewed and swallowed, the food enters the esophagus. The esophagus is a long tube that runs from the mouth to the stomach. It uses rhythmic, wave-like muscle movements (called **peristalsis**) to force food from the throat into the stomach. This muscle movement gives us the ability to eat or drink even when we're upside-down.

Stomach: The stomach is a large, sack-like organ that churns the food and bathes it in a very strong acid (**gastric acid**). Food in the stomach that is partly digested and mixed with stomach acids is called **chyme**.

Small intestine: Absorption happens in the small intestine. **Bile** (produced in the liver and stored in the gall bladder), pancreatic enzymes, and other digestive enzymes produced by the inner wall of the small intestine help in the breakdown of food.

Large intestine: Undigested food passes in the large intestine. In the large intestine, some of the water and electrolytes (chemicals like sodium) are removed from the food.

The end of the process: Solid waste is then stored in the rectum until it is excreted via the anus.

ENZYMES

➤ an organic catalyst that are protein in nature and are produced by living cells.

3 GROUPS OF DIGESTIVE ENZYMES:

- ✓ **Amylase** - carbohydrate splitters
- ✓ **Lipase** - fat splitters
- ✓ **Proteases** - protein splitters

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Table of Contents Nutrition Diet Theory Princ Iples And

1. Understanding the eBook Nutrition Diet Theory Princ Iples And
 - The Rise of Digital Reading Nutrition Diet Theory Princ Iples And
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition Diet Theory Princ Iples And
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrition Diet Theory Princ Iples And
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition Diet Theory Princ Iples And
 - Personalized Recommendations
 - Nutrition Diet Theory Princ Iples And User Reviews and Ratings
 - Nutrition Diet Theory Princ Iples And and Bestseller Lists

5. Accessing Nutrition Diet Theory Princ Iples And Free and Paid eBooks
 - Nutrition Diet Theory Princ Iples And Public Domain eBooks
 - Nutrition Diet Theory Princ Iples And eBook Subscription Services
 - Nutrition Diet Theory Princ Iples And Budget-Friendly Options
6. Navigating Nutrition Diet Theory Princ Iples And eBook Formats
 - ePub, PDF, MOBI, and More
 - Nutrition Diet Theory Princ Iples And Compatibility with Devices
 - Nutrition Diet Theory Princ Iples And Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutrition Diet Theory Princ Iples And
 - Highlighting and Note-Taking Nutrition Diet Theory Princ Iples And
 - Interactive Elements Nutrition Diet Theory Princ Iples And
8. Staying Engaged with Nutrition Diet Theory Princ Iples And
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrition Diet Theory Princ Iples And
9. Balancing eBooks and Physical Books Nutrition Diet Theory Princ Iples And
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrition Diet Theory Princ Iples And
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Nutrition Diet Theory Princ Iples And
 - Setting Reading Goals Nutrition Diet Theory Princ Iples And
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nutrition Diet Theory Princ Iples And
 - Fact-Checking eBook Content of Nutrition Diet Theory Princ Iples And
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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