



Nutrition & Metabolism

What is nutrition?

Good nutrition is the consumption of foods that contain the nutrients the body needs to function properly. Nutrition describes the process of food entering the body, being broken down into nutrients, and then being used by the body to produce energy and growth. The nutrients that the body needs to function properly are called nutrients. There are two main types of nutrients: macromolecules (carbohydrates, proteins, fats, and vitamins) and micronutrients (minerals and trace elements). The nutrients that the body needs to function properly are called nutrients. There are two main types of nutrients: macromolecules (carbohydrates, proteins, fats, and vitamins) and micronutrients (minerals and trace elements).

Basal metabolic rate

The basal metabolic rate (BMR) is the amount of energy used by the body at rest. It is the minimum amount of energy that the body needs to function properly. The BMR is determined by the body's size, age, sex, and genetic factors. The BMR is also affected by the body's activity level. The BMR is the amount of energy that the body uses to maintain its basic functions, such as breathing, circulation, and body temperature. The BMR is the amount of energy that the body uses to maintain its basic functions, such as breathing, circulation, and body temperature.

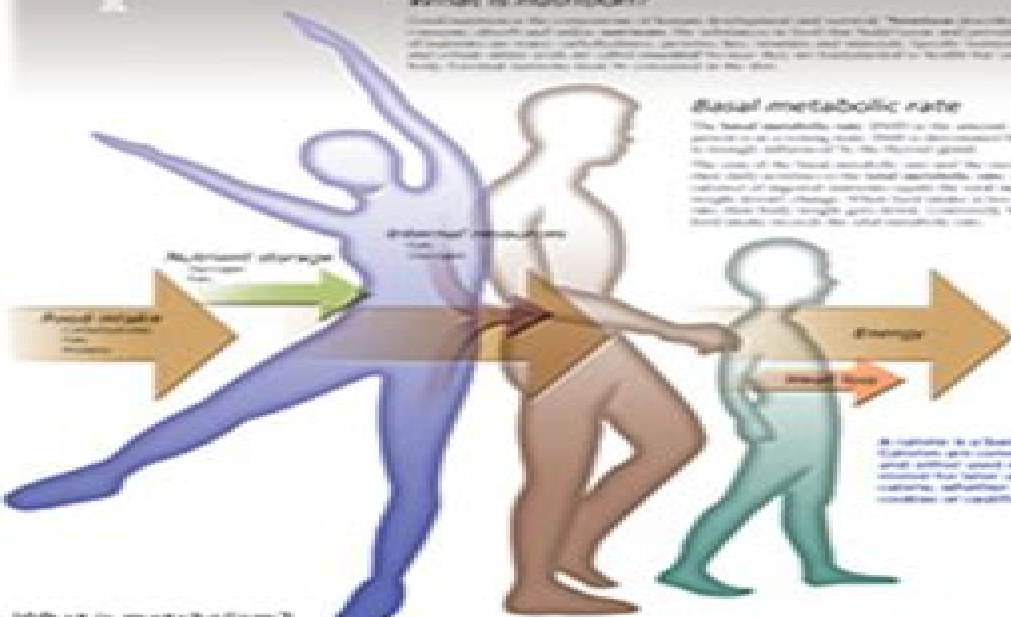
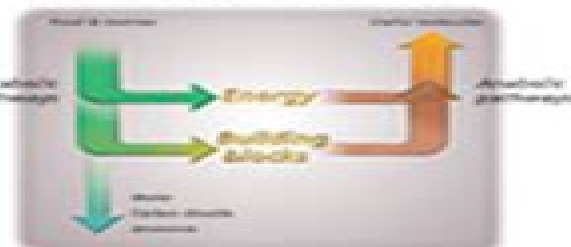


Factors affecting the metabolic rate

- Genetics
- Gender
- Body composition
- Level of activity
- Age
- Environmental factors

Metabolic pathways

The two main types of metabolic pathways are catabolic and anabolic. Catabolic pathways break down complex molecules into simpler molecules, releasing energy in the process. Anabolic pathways build up complex molecules from simpler molecules, requiring energy in the process. The two main types of metabolic pathways are catabolic and anabolic. Catabolic pathways break down complex molecules into simpler molecules, releasing energy in the process. Anabolic pathways build up complex molecules from simpler molecules, requiring energy in the process.



What is metabolism?

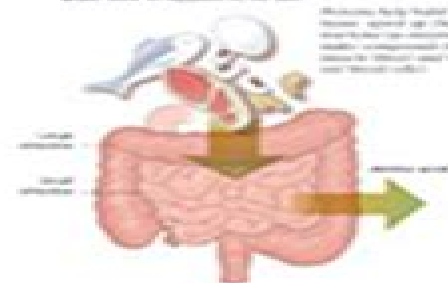
Metabolism is the process of converting food into energy and building blocks for the body. It is the process of converting food into energy and building blocks for the body. Metabolism is the process of converting food into energy and building blocks for the body. Metabolism is the process of converting food into energy and building blocks for the body. Metabolism is the process of converting food into energy and building blocks for the body.

Food metabolism

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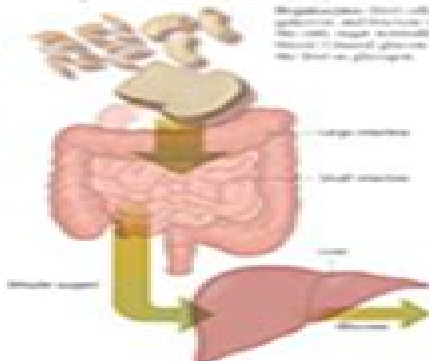
Protein metabolism

Protein metabolism is the process of converting protein into energy and building blocks for the body. It is the process of converting protein into energy and building blocks for the body. Protein metabolism is the process of converting protein into energy and building blocks for the body. Protein metabolism is the process of converting protein into energy and building blocks for the body. Protein metabolism is the process of converting protein into energy and building blocks for the body.



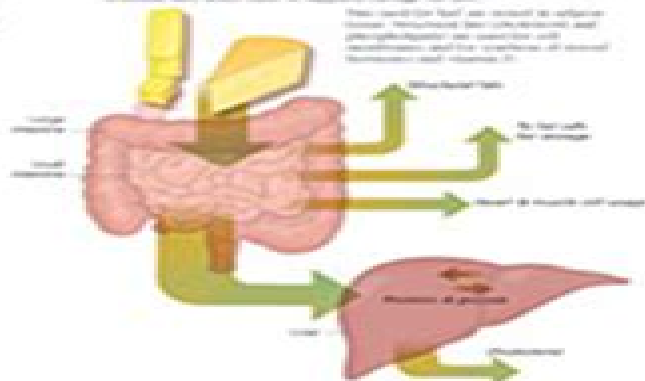
Carbohydrate metabolism

Carbohydrate metabolism is the process of converting carbohydrates into energy and building blocks for the body. It is the process of converting carbohydrates into energy and building blocks for the body. Carbohydrate metabolism is the process of converting carbohydrates into energy and building blocks for the body. Carbohydrate metabolism is the process of converting carbohydrates into energy and building blocks for the body. Carbohydrate metabolism is the process of converting carbohydrates into energy and building blocks for the body.



Fat metabolism

Fat metabolism is the process of converting fats into energy and building blocks for the body. It is the process of converting fats into energy and building blocks for the body. Fat metabolism is the process of converting fats into energy and building blocks for the body. Fat metabolism is the process of converting fats into energy and building blocks for the body. Fat metabolism is the process of converting fats into energy and building blocks for the body.



Nutrition And Metabolism In Medical Practice

S Ashworth



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