

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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Adopting the Tune of Appearance: An Mental Symphony within **Nutrition Diet Theory Princ Iples And**

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