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LIC. EN NUTRICIÓN

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FOODS, NUTRITION AND HEART

FOOD

food is that nourishes the body. food may also be defined as anything eaten or drunk, which meets the needs for energy, building, regulation and protection of the body. in short, is the raw material from which our bodies are made. intake of the right kinds and amounts of food can ensure good nutrition and health, which may be evident in our appearance, efficiency and emotional.

the main of the body is to provide energy. the body needs energy to maintain the involuntary processes necessary for the continuity of life. the foods we eat become part of us. therefore, one of the most important functions of food is to strengthen the body. the third function of food is the regulation of bodily functions. including said regulation various activities such as: heart rate maintain body temperature, muscle contraction, water balance control, blood clots and eliminate waste from the body

poor nutritional status manifest itself as colds, withdrawn or irritable personality underdevelopment of the body, abnormal weight (too thin or overweight and flabby body), small muscles and sagging skin, too little pale or too coarse hair, appetite, loss energy. low and insufficient protection level.

NUTRITIONS

nutrition has been defined as food at work in the body. nutrition includes everything that happens to food from the time it is eaten until it is used for various functions in the body, nutrients are components of food that are needed by the body in adequate amounts in order to grow, reproduce and lead a normal healthy life

good nutritional status are alert, good natured personality, a well developed body, with normal weight for height, well developed and firm muscle, healthy skin, reddish pink colour of eyelids and membranes of mouth, good layer of subcutaneous fat, clear eyes, smooth, and glossy hair, poor appetite and excellent general health.

malnutrition means an undesirable kind of nutrition leading to ill-health is results from a lack, excess or imbalance of nutrients in the diet. it includes undernutrition and overnutrition. undernutrition is a state of an insufficient supply of essential nutrients.

bibliography: fundamentals-of- foodnutrition-and-diet-therapy