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LIC. EN NUTRICIÓN
1er. CUATRIMESTRE

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FOOD

Definitions
that which 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, food 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 well-being

Poor nutritional status is evidenced by listless, apathetic or irritable personality, undersized poorly developed body, abnormal body weight (too thin or fat and flabby body), muscles small and flabby, pale or sallow skin, too little or too much subcutaneous fat, dull or reddened eyes, lustreless and rough hair, poor appetite, lack of vigour and endurance for work and susceptibility to infections

function
The first function of the body is to provide energy. The body needs energy to sustain the involuntary processes essential for continuance of life, to carry out professional, household and recreational activities, to convert food ingested into usable nutrients in the body, to grow and to keep warm

Food Composition
Most food contain more than one nutrient. The nutrient contents of foods have been determined by analysing these in the laboratory. The composition of over 650 Indian foods has been determined. Of these, the nutritive value of about 160 foods is presented in the Appendix F. The food composition tables give the concentration of nutrients in 100 g of the edible portion (E.P) of the food. Therefore it is important to know how much of the food purchased is edible. In some foods, such as milk, butter, sugar, the edible portion is 100 per cent. In fruits and vegetables, it varies from 65 per cent in bananas to 98 per cent in tomatoes

How will you be a responsible nutrition student?
First, use what you learn in nutrition and benefit yourself. It will help you to look better, feel better and work effectively. By practising what you learn, you will set a good example for others.
Secondly take care of nutrition of your family. Help the children in the family to develop good food habits, the adults to make good food choices in eating and seniors to meet their changed needs

NUTRITION

Definitions
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. Nutrients include water, proteins, fats, carbohydrates, minerals and vitamins. There are several nutrients in each of the groups: proteins, fats, carbohydrates, minerals and vitamins; hence the plural form of these words has been used

Nutritional status is the state of our body as a result of the foods consumed and their use by the body. Nutritional status can be good, fair or poor

Functions of Nutrients
The foods which we use daily include rice, wheat, dal, vegetables, fruits, milk, eggs, fish, meat, sugar, butter, oils, etc. These different foods are made up of a number of chemical components called nutrients. These are classified according to their chemical composition. Each nutrient class has its own function, but the various nutrients must act in unison for effective action. The nutrients found in foods are – carbohydrates, proteins, fats, minerals, vitamins and water. Fibre is also an essential component of our diet. The functions of nutrients are given below

FOODS, NUTRITION AND HEART

bibliography

Information search
"Foods, Nutrition and Health" del libro Fundamentals
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