



# SYNOPTIC TABLE

## “FOODS, NUTRITION AND HEALTH”

STUDENT:

VICTOR ALFONSO ROBLES DÍAZ

DEGREE IN NUTRITION

1st QUARTER SEPT-DEC 2024

ADVISOR:

EDUARDO E. ARREOLA JIMENEZ

SUBJECT:

ENGLISH 1

DATE:

OCTOBER 05, 2024



# FOODS, NUTRITION AND HEALTH

## DEFINITIONS

FOOD, NUTRITION AND HEALTH ARE CLOSELY CONNECTED ASPECTS OF OUR LIVES. LET'S BEGIN OUR STUDY BY DEFINING THESE AND OTHER RELATED TERMS.

FOOD  
NUTRITION  
HEALTH

- FOOD IS THAT WHICH NOURISHES THE BODY.
- NUTRITION HAS BEEN DEFINED AS FOOD AT WORK IN THE BODY.
- HEALTH THE WORD HEALTH REFERS TO THE CONDITION OF THE BODY

- OMNIVORE, VEGETARIAN, VEGAN, AND RAW FOODIST.
- VITAMINS, MINERALS, PROTEIN, FATS, CARBOHYDRATES, WATER.
- PHYSICAL, MENTAL, EMOTIONAL AND SOCIAL.

## FUNCTIONS OF FOOD

IT ALLOWS US TO GROW, DEVELOP, RENEW DAMAGED OR DETERIORATED TISSUES AND HAVE THE ENERGY NECESSARY FOR OUR BODY TO FUNCTION.

PHYSIOLOGICAL  
SOCIAL  
PSYCHOLOGICAL  
FUNCTIONS

- THE FIRST FUNCTION OF THE BODY IS TO PROVIDE ENERGY. THE SECOND IS TO BUILD THE BODY. THE THIRD FUNCTION OF FOOD IS TO REGULATE THE ACTIVITIES OF THE BODY.
- FOOD HAS ALWAYS BEEN A CENTRAL PART OF OUR SOCIAL EXISTENCE. IT HAS BEEN PART OF OUR COMMUNITY, SOCIAL, CULTURAL AND RELIGIOUS LIFE.
- IN ADDITION TO SATISFYING PHYSICAL AND SOCIAL NEEDS, FOOD SHOULD SATISFY CERTAIN EMOTIONAL NEEDS, INCLUDING FEELINGS OF SECURITY, LOVE AND ATTENTION.

- DEPENDS ON THE DIGESTION, ABSORPTION AND TRANSPORT OF NUTRIENTS FROM FOOD TO THE TISSUES.
- FOOD IS A UNIVERSAL MEANS OF EXPRESSING SOCIABILITY AND HOSPITALITY.
- FOOD BECOMES A SHORT-TERM REINFORCEMENT IN ORDER TO STOP FEELING STRESS, ANXIETY, FEAR, BOREDOM

## FUNCTIONS OF NUTRIENTS

THE FOODS WE CONSUME ON A DAILY BASIS 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.

CARBOHYDRATES  
FATS  
PROTEINS  
VITAMINS  
MINERALS  
WATER

- THE MAIN FUNCTION OF CARBOHYDRATES IS TO PROVIDE THE ENERGY OUR BODY NEEDS.
- FATS ARE CONCENTRATED SOURCES OF ENERGY, CARRIERS OF FAT-SOLUBLE VITAMINS AND A SOURCE OF ESSENTIAL FATTY ACIDS.
- THE MAIN FUNCTION OF PROTEINS IS THE FORMATION OF NEW TISSUES AND THE MAINTENANCE AND REPAIR OF THOSE ALREADY FORMED.
- MINERALS ARE NECESSARY FOR THE DEVELOPMENT OF THE BODY, FOR THE CONSTRUCTION OF BONES, TEETH AND STRUCTURAL PARTS OF SOFT TISSUES. TEXTS DEL THEY ARE NECESSARY FOR GROWTH, NORMAL FUNCTIONING OF THE BODY AND NORMAL BODILY PROCESSES.
- WATER IS ESSENTIAL FOR THE UTILISATION OF FOOD MATERIAL IN THE BODY AND ALSO FOR ELIMINATION OF FOOD WASTE.

- GRAINS, FRUITS, DAIRY PRODUCTS AND LEGUMES
- TEXTS DEL TOTAL FAT INCLUDES SATURATED FAT, POLYUNSATURATED FAT, MONOUNSATURATED FAT, AND TRANS FAT.
- ANIMAL ORIGIN, FOUND IN MEAT, FISH, EGGS AND DAIRY PRODUCTS. AND, THOSE OF PLANT ORIGIN, PRESENT IN GRAINS, LEGUMES, SEEDS AND NUTS.
- VITAMIN A, C, D, E, K, B1, B2, B3, B6, B12, PANTOTHENIC ACID, BIOTIN, FOLATE
- CALCIUM, PHOSPHORUS, MAGNESIUM, SODIUM, POTASSIUM, CHLORINE AND SULFUR
- FREE WATER AND BOUND WATER

## FOOD COMPOSITION

FOOD COMPOSITION TABLES INDICATE THE CONCENTRATION OF NUTRIENTS IN 100 G OF THE EDIBLE PORTION (EP) OF THE FOOD. IT IS THEREFORE IMPORTANT TO KNOW HOW MUCH OF THE PURCHASED FOOD IS EDIBLE.

FOOD EXCHANGE  
LISTS  
NUTRIENT DENSITY

- THE EXCHANGE LISTS ARE VERY USEFUL TOOLS IN DIET PLANNING IN HOSPITALS AND IN PERSONAL DIET MANAGEMENT IN THE HOME.
- IT REFERS TO THE QUANTITY OF ONE OR MORE NUTRIENTS SUPPLIED BY A FOOD IN REFERENCE TO ITS CALORIE CONTENT.

- CEREALS, TUBERS AND DERIVATIVES, FRUITS, VEGETABLES, MILK AND DERIVATIVES, MEATS, DRIED LEGUMES AND EGGS, SUGARS OR HONEY, OILS OR FATS.
- SOME FOODS WITH HIGH NUTRITIONAL DENSITY ARE:  
KALE, SPINACH, SALMON, BLUEBERRIES, ALMONDS, BROCCOLI, LENTILS, QUINOA.

## LITERATURE

Sumanti Mudambi, M. R. (2007). *Fundamentals of foods, nutrition and diet therapy*. New Age International. Recuperado el 03 de octubre de 2024, de file:///C:/Users/victo/Downloads/fundamentals-of-foodnutrition-and-diet-therapy.pdf

## LINKOGRAPHY

carbohidratos en la dieta . (23 de abril de 2024). *medlineplus informacion de salud para usted*. Obtenido de <https://medlineplus.gov/spanish/carbohydrates.html>

El personal de Ignite Healthwise, L. (20 de septiembre de 2023). *Cigna healthcare*. Obtenido de <https://www.cigna.com/es-us/knowledge-center/hw/tipos-de-grasas-aa160619#:~:text=Las%20grasas%20totales%20incluyen%20las,saturadas%20y%20las%20grasas%20trans>

funciones sociales de los alimentos . (s.f). *springer link*. Obtenido de [https://link.springer-com.translate.google.com/chapter/10.1007/978-1-4899-3256-3\\_4?error=cookies\\_not\\_supported&code=9bdb21c0-af5c-4860-968f-55e636dc8cc7&\\_x\\_tr\\_sl=en&\\_x\\_tr\\_tl=es&\\_x\\_tr\\_hl=es&\\_x\\_tr\\_pto=rq](https://link.springer-com.translate.google.com/chapter/10.1007/978-1-4899-3256-3_4?error=cookies_not_supported&code=9bdb21c0-af5c-4860-968f-55e636dc8cc7&_x_tr_sl=en&_x_tr_tl=es&_x_tr_hl=es&_x_tr_pto=rq)

Gaeapeople. (07 de septiembre de 2022). *magazine solucion para la diabetes* . Obtenido de <https://www.solucionesparaladiabetes.com/magazine-diabetes/cuantas-vitaminas-hay-y-que-funciones-llevan-a-cabo>

Galindo, N. D. (4 de septiembre de 2022). *pocari sweat*. Recuperado el 05 de octubre de 2024, de pocari sweat: <https://www.pocarisweat.com.mx/el-agua-en-los-alimentos-sus-riesgos-y-beneficios/#:~:text=Existen%20%20tipos%20de%20agua,es%20la%20primer a%20en%20congelarse>

leon, a. f. (02 de marzo de 2023). *el tiempo*. Obtenido de <https://www.eltiempo.com/salud/tipos-de-alimentacion-cuantos-son-y-que-alimentos-contienen-746703#:~:text=En%20ese%20sentido%2C%20algunos%20de,vegetariana%2C%20vegana%2C%20y%20crudista>

Tipos de proteínas: ¿cómo su consumo ayuda a las funciones del cuerpo? (s.f). *Alqueria* . Obtenido de <https://alqueria.com.co/blog-nutricion-bienestar/tipos-de-proteinas#:~:text=Existen%20dos%20tipos%20de%20prote%C3%ADnas,el%20Ocrecimiento%20y%20el%20desarrollo>