

TYPES OF NUTRIENTS

Nutrients are necessary for the growth and health of the body. There are five types of nutrients that are divided into two large groups: macronutrients and micronutrients. Macronutrients are needed in large quantities and include carbohydrates, proteins and fats. On the other hand, micronutrients are needed in small amounts and include vitamins and minerals. Water and fiber are not nutrients but they are necessary for the proper functioning of the body.

Below you can find the different types of nutrients.

1. CARBOHYDRATES

Although carbohydrates have become the enemies of the diet to lose weight, they are essential macronutrients for the body, since they feed the brain and muscles. Carbohydrates are the best source of energy and foods that contain them can also be rich in fiber, which is necessary for the intestine to function properly.

There are two types: simple carbohydrates (banana, honey, etc.), which contain one or two sugars; and complex carbohydrates (for example, brown rice) that are made of three or more linked sugars. These macronutrients provide 4 calories per gram, although complexes take longer to digest than simple carbohydrates and are more satiating.

2. PROTEINS

Proteins are the structural nutrients to all cells. That is, they form what we could call the raw material of our body, the bricks with which it is built and reformed. On the other hand, they also help repair tissues and fight infections. When consumption exceeds the body's needs, protein can serve as a source of energy. They provide 4 calories per gram.

3. FATS

Fats, like the two previous macronutrients, also provide energy to the body and participate in the processes that keep the body alive. However, they provide 9 calories per gram. Although they are currently demonized, fats are essential to stay in good health.

4. VITAMINS

Vitamins are micronutrients that the body needs to assimilate other nutrients. Its functions are: to participate in the formation of chemicals of the nervous system, red blood cells, hormones and genetic material. Likewise, metabolic systems participate in the regulation and are necessary for the health and proper functioning of the body.

5. MINERALS

Minerals give structure to bones, teeth and nails. Like vitamins, they help enzymes in many body processes. Now, unlike these, they are inorganic substances that come from soil, rocks and water. Calcium, phosphorus, potassium, zinc or magnesium are some examples of minerals.

Calcium - is an essential mineral for the body, necessary to form and maintain healthy bones and teeth, in addition to being vital for the function of muscles, nerves, and blood clotting.

Zinc - Zinc is an essential nutrient for immune function, cell growth, wound healing, DNA and protein synthesis, and carbohydrate metabolism.

THE TYPES OF FOOD

As mentioned in the previous lines, food is a series of voluntary actions aimed at selecting what is ingested. The types of food that exist are the following.

1. VEGANISM

Veganism is the behavior of an individual who decides not to ingest food products of animal origin or, in general, use any product that involves the death of animals to be produced. Therefore, a vegan does not eat meat products and fish and neither does they consume eggs, dairy products or honey.

In addition, in certain cases, products known to be condemning animals to death due to their production system are also not consumed, despite being of purely vegetable origin.

2. VEGETARIANISM

Vegetarians are people who, due to their ideology, basically eat vegetables.

Apart from strict vegetarians, there are also lacto-ovo vegetarians, who eat eggs and dairy in addition to vegetables, and lacto-vegetarians, who only incorporate dairy products into their diet in addition to vegetables. The idea is not to consume animals directly, but some of the products derived from their way of life.

3. EMOTIONAL FOOD

It is the diet that is associated with emotional and psychological problems. For example, when someone suffers from anxiety, they consume more foods rich in fat, even automatically and without realizing it.

4. SPORTS FOOD

It is the diet that aims to increase sports or physical performance. For example, the consumption of carbohydrates to perform better in a marathon. It is also associated with the improvement of physical appearance and bodybuilding.

CONCLUSION

In conclusion, nutrition is indispensable because through it the body obtains carbohydrates, proteins, fats, vitamins, minerals, and water, each with a specific function: carbohydrates and fats provide energy, proteins build and ~~form~~ tissues, while vitamins and minerals regulate metabolic processes and strengthen defenses.

In addition, a balanced diet helps prevent diseases such as diabetes, obesity, hypertension and malnutrition, which shows that nutrition not only influences survival, but also long-term health and quality of life.

LITERATURE

• WHAT IS NUTRITION?

<https://www.uv.mx/veracruz/cees/vinculacion-y-extension/nutricion/>.

• FUNCTIONS OF NUTRITION

<https://www.unu.net>

• TYPES OF NUTRITION, TYPES OF NUTRIENTS THE TYPES OF FOOD.

<https://psicologiaymente.com/nutricion/tips-nutricion/>.