

## NUTRITION CHAPTER 2:

### Digestion:

1. Saliva aids in breaking down food upon entering the mouth.
  2. Food goes down through esophagus.
  3. Food mixes with muscular contractions, enzymes, and stomach acids for breakdown.
  4. Most digestion and absorption of nutrients by small intestine and enzymes from pancreas.
  5. Water and salts reabsorbed by large intestine.
  6. Solid waste passes through rectum and out the anus.
- **calories:** amount of energy in food that the body can use (equal to 1000 actual calories, or 1 kilocalorie)
    - men ages 19-30 need 2600-3000-calories per day
    - men ages 31-50 need 2500-3000-calories per day
    - women ages 19-30 need 2000-2400-calories per day
    - women ages 31-50 need 1800-2200-calories per day
  - **dehydration:** abnormal depletion of body fluids.
  - **Rehydration:** too much water

<b>WATER</b>	<ul style="list-style-type: none"> <li>- 60-65% of the body by weight</li> <li>- Balances cells, aids in fluid and electrolyte balance, maintains pH, transportation, major components of blood</li> <li>- Recommended: 11 cups for women per day, 16 cups for men per day</li> <li>- About 20% of water needs get met through food we eat</li> </ul>
<b>PROTEIN</b>	<p><b>Plasma:</b> water fluid, 27.5 g/dL per person of fluid per year, contains 30%</p> <ul style="list-style-type: none"> <li>- Second most abundant substance in the body after water</li> <li>- "body builders" because they help develop and repair bones, muscle, skin, blood, key elements of antibodies, enzymes, and hormones; transport nutrients; supply energy when fat and carbs aren't available</li> <li>- Protein break down into amino, nitrogen-containing amino acids</li> <li>- 20 essential amino acids</li> <li>- Complete (high quality) protein supplies all 20 essential (essential products made)</li> <li>- Incomplete protein lack some essential amino acids (plant products)</li> </ul>

# Study Guide Food For Today Chapter 8

**Victor Benassi**



## **Study Guide Food For Today Chapter 8:**

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