Absorption in the Large Intestine

• Absorb water
• Synthesize some B vitamins and vitamin K
• Collect food residue

• Undigested food is excreted as feces by way of rectum

• In healthy people, 99% of CHO, 95% of fat, and 92% of proteins are absorbed

Metabolism

• After digestion and absorption nutrients carried by blood to the cells
• Within cells nutrients changed into energy through the process of metabolism
  – Aerobic metabolism
  – Anaerobic metabolism

Metabolism and the Thyroid Gland

• Metabolism governed primarily by hormones secreted from the thyroid gland
  – T3
  – T4
• Hyperthyroidism
• Hypothyroidism

Basal Metabolic Rate

• Energy necessary to carry on all involuntary vital processes while the body is at rest
  – Respiration
  – Circulation
  – Regulation of body temperature
  – Cell activity and maintenance
• Known as BMR
  – Also referred to as resting energy expenditure (REE)

• Affected by
  – Lean body mass
  – Body size
  – Sex
  – Age
  – Heredity
  – Physical condition
  – climate