# 1. INTRODUCTION TO NUTRITION

## DIETARY HABITS
Voluntary process of food intake *(what you are used to eat).*

Determinated by:
- Availability of food.
- Food preference.
- Other factors (culture, etc.)

## DIET
A particular selection of food especially designed to improve a person's physical condition or to prevent or treat diseases.

Determinates:
- Type of food.
- Quantity of food.
- Consistency.
- Schedule intake.

## NUTRITION
Set of process by which the organism transforms and uses substance contained in foods. Synthesizes the required essential components to sustain life.

Objectives:
- Provide energy.
- To growth.
- Maintain our body.
- Control metabolic processes.

## FOOD
Substance/ Product intended to be ingested. Can be processed or not. Sustains life. Provides energy.

## ENERGY
Called → CALORY (kcal).
Found in FOOD & BODY.

**BMR** *Basal Metabolism Rate*
- n° of calories we need to sustain life for 24h.
- M: 66.47 + (13.75 x weight) + (5 x height) - (6.76 x age)
- W: 655.1 + (9.56 x weight ) + (1.85 x height) - (4.68 x age)

**BMI** *Body Mass Index*
- weight : heigh2

**PW** *Physical Workout*
- frequency; intensity; time; type

**TER** *Total Energy Requirement*
- BMR + PW

**DRI** *Dietary Reference Intake*

**RDA** *Recommended Daily Allowance*

**ENZYMES**
*protein molecules that are able to faciliate and accelerate the chemical reaction occuring in living tissues.*

- **DIGESTIVE**
  - *Adapt 3D structure. Recognize the specific materials that can act.*
    - **Pytalin** *(starch)*
    - **Amylase** *(starch + sugar)*
    - **Pepsin** *(proteins)*
    - **Lipase** *(lipids)*
    - **Lactose** *(lactose)*
- **INTRACELLULAR**
  - Act inside the cells. Transform nutrients in order substances.
    - **L-Canntin** *(fatty acids)*

**1. DIGESTION**
- food into small components
- **MECHANICAL** *(into small piece)* *(teeth; dig. track)*
- **CHEMICAL** *(into substance for the absorption)* *(by enzymes)*

**2. ABSORPTION**
- 1. igestive nutrients 2. intestines' walls 3. blood
- small intenstine full of holes

**3. METABOLISM**
- sum total of ALL chemical reactions
- a) **ingestion** of o2, food, h2o
- b) **digestion**
- c) **intermediary metabolism** *(by which nutrients are used to support life)*
- d) **elimination & excretion**

## NUTRIENT
Substance from food used to perform body's functions and to be healthy.
We need to get them from the food. We don't make them.

Types:
- CARBOHYDRATES
- LIPIDS
- PROTEINS
- VITAMINS
- MINERALS
- WATER *(not 100% nutrient)*

- MACRO >100gr/day
- MICRO >100gr/day

## CATALYSTS
Substance that helps the acceleration/ slowing of chemical reactions *(setting rhythm).*

Types:
- Inorganic Cat.
  - *Minerals*
- Organic Cat.
  - *Enzymes*
  - *Vitamins*
  - *Hormones*

**FOOD & NUTRIENT**
Food contains nutrients.

**DIETARY HABIT vs. NUTRITION**
D.H. → action of eating.
NUT.→ process at cellular level

**DIET**
**DIETARY HABIT vs. NUTRITION**
D.H. → pattern of intake food.
NUT. → analyse how affects in our body.

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Page 1 of 9