Ольга Котик:

Proper Nutrition

Introduction to Nutrition

Definition of nutrition:

Nutrition is the process of providing the body with essential nutrients through the consumption of a variety of foods. This process involves the digestion of food to obtain the nutrients needed to maintain life and health.

And health.

The importance of nutrition:

Providing energy: Food is the main source of energy for the body. Nutrients from food are converted into energy, which is necessary for all physiological processes.

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Development and growth: Especially important for children and adolescents, nutrition provides the necessary building blocks for growth, development and proper function of all tissues and organs.

Maintaining health: Proper nutrition helps to strengthen the immune system, maintains optimal cholesterol and blood pressure levels, and reduces the risk of developing heart disease and other chronic diseases.

Support for organ function: Nutrition affects the functioning of all body systems, ensuring the proper functioning of the heart, kidneys, liver and other important organs.

Body weight management: A healthy diet helps to maintain a healthy body weight, which affects the overall health of the body and reduces the risk of developing obesity and related problems.

nd problems.

Distinguishing between macro- and micronutrients

Macronutrients:

Calcium:

Role: Building and strengthening of bones and teeth, regulation of blood clotting, muscle function.

Magnesium:

Role: Participation in protein synthesis, muscle and nervous system function, regulation of blood sugar levels.

Potassium:

Role: Maintenance of electrolyte balance, regulation of blood pressure, participation in the transmission of impulses in the nerves.

Phosphorus:

Role: Building bones and teeth, energy metabolism, synthesis of nucleic acids.

Sodium:

Role: Regulation of the balance of body fluids, participation in the transmission of nerve impulses