**Correct Feed**

**A prelude is of Feed**

**Determination of feed :**

A feed is a process of providing of organism necessary substances through the consumption of various foods. This process includes for itself усмішлення and digestion of meal for the receipt of nutritives necessary for maintenance of vital functions and health.

Importance of feed:

* ***Providing of energy:*** A feed is a basic energy source for an organism. The nutritives got from a meal are converted in energy necessary for implementation of all physiology processes.
* **Growth and height:** It is especially important for children and teenagers, a feed provides necessary building materials for a height, development and correct function of all fabrics and organs.
* ***A health support:*** A correct feed assists strengthening of immunity, supports the optimal level of cholesterol and piesis, diminishes a risk to development of heart and other chronic diseases troubles.
* ***Organs function support:*** A feed influences to work of all systems of organism, providing the correct function of heart, kidneys, liver and other important organs.
* ***Control of body weight:*** A rational feed helps in maintenance of healthy body that influences on the general of organism and diminishes a risk to development of obesity and problems related to him weight.

**Distinction macro- and microelements**

**Macroelements:**

* Calcium:
* *Role: Building and strengthening of bones and teeth, adjusting of the blood rolling up, functioning of muscles*.
* Magnesium:
* *Role: Participating in the synthesis of proteins, work of muscles and nervous system, adjusting of level of blood sugar*.
* Potassium:
* *Role: Maintenance of electrolyte balance, adjusting of arteriotony, participating in the transmission of impulses in nerves.*
* Phosphorus:
* *Role: Building of bones and teeth, power exchange, synthesis of nucleic acids*.
* Natrium:
* *Role: Adjusting of equilibrium of liquids in an organism, participating in the transmission of nervous impulses*.

**Microelements:**

* Iron:
* *Role: Transport of oxygen in blood, participating in the synthesis of haemoglobin, support of immunity*.
* Zinc:
* *Role: Participating in a height and development, function of the immune system, maintenance of sensory functions of skin*.
* Copper:
* *Role: Participating in the synthesis of collogen, power exchange, transport of iron*.
* Selenium:
* *Role: the Antioxidant function, support of thyroid, defence of cages from damages*.
* Iodine:
* *Role: Synthesis of hormones of thyroid, normalization of metabolism*.

**Macro- and microelements distinction:**

* *Amount: Macronutrients are needed in greater amounts, in that time as microelements are needed in small amounts.*
* *Role: Macronutrients provide structural components mainly, while microelements mostly execute regulator functions in biochemical processes.*
* *Distribution: Macronutrients being in an organism in meaningful amounts, while microelements - in track.*

These elements are important for maintenance of optimal health and functioning of organism, and their proper consumption it is important for warning of deficits and support of various biological processes.

**Determination of foods that contain necessary nutritives.**

Proteins:

* ***Meat:*** *The biggest source of protein is meat products such as chicken, beef and pork*.
* ***Fish:*** *Fish, especially salmon, tuna and small sausages, rich in high-quality squirrel and Омега- 3 by fat acids****.***
* ***Eggs:*** *Eggs are an important source of valuable proteins and other nutritives.*
* ***Soy products:*** *Tofu and other soy products provide a vegetarian protein alternative.*

**Fats:**

* ***Olive oil:*** *Мононенасичені fats in olive oil assist the health of heart.*
* ***Avocado:*** *Contains the healthy saturated fats and поліненасичені fat acids.*
* ***Nuts:*** *Nuts, especially nuts are walachian and almond, rich поліненасиченими by fat acids*.

**Carbohydrates:**

* ***Vegetables:*** *Broccoli, carrot and other vegetables, contain complex carbohydrates and important vitamins****.***
* ***Whole grain foods:*** *Barley, buckwheat and other whole grain foods contain useful carbohydrates and many fibers****.***
* ***Fruit:*** *Apples, bananas and berries are sources of natural sugars and vitamins****.***.

**Vitamins and Minerals:**

* ***Fruits and vegetables:*** Rich in vitamins A, C, K and folic acid.
* ***Dairy products****: Provide calcium to strengthen bones and teeth*.
* ***Meat and Fish****: Sources of iron and zinc, important for hematopoiesis and immunity*.

**Recommendations for the consumption of carbohydrates**

* It is important that carbohydrates provide 50-60% of the daily energy requirement. The amount of energy obtained with added sugar should not exceed 10% of daily food energy.
* The body, especially the brain, needs a constant supply of glucose for efficient and effective work. A lack of carbohydrates can lead to the synthesis of glucose from the body's own proteins, which can affect the body's protective functions.

 **Carbohydrates are classified on simple and difficult:**

* Simple carbohydrates are quickly mastered by an organism and are an optimal energy source, especially after training or for overcoming of hunger. For example: sugar, honey, fruit, vegetables, juices and drinks, are the sources of simple carbohydrates. However it follows to avoid the overconsumption of цукромістких foods, as they do not contain other useful substances.
* Foods that contain difficult carbohydrates are mastered slower and provide feeling of satiety on great while. Starch that is a widespread difficult carbohydrate meets in a wheat, potato, line, corn and is traditional basis of rations of different cultures.
* The cellulose known also as food fibres plays the special role among difficult carbohydrates. An organism does not almost master a cellulose, but she is needed for the normal process of digestion.