**Correct Feed**

**Is Prelude of Feed**

Of Determination of feed :  
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 : 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.  
  
Development 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.  
  
Support of health : the Correct feed assists strengthening of immunity, supports the optimal level of cholesterol and piesis, diminishes arisk to development of heart and other chronic diseases troubles.

Support of function of organs : 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 : the 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 tohim weight.

**Distinction of macronutrients and microelements**  
 **is Macronutrients:**  
  
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 an 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.

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.

**Distinction of macronutrients and microelements** :  
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.

**Determination of foods that contain necessary nutritives.**  
  **Squirrel:**  
  
Meat: the Most source a squirrel is meat foods, such as a chicken, beef and pork.  
  
Fish: Fish, especially salmon, tuna and small sausages, rich in high-quality squirrel and Omega- 3 by fat acids.  
  
Eggs: Eggs are an important source of valuable proteins and other nutritives.  
  
Soy-bean foods: Тофу and other soy-bean foods present a vegetarian alternative to the squirrel.  
  
 **Fats:**  
  
Olive oil: Monounsaturated fats in olive oil assist the health of heart.  
  
Avocado: Contains the healthy saturated fats and polyunsaturated   
fat acids.  
  
Nuts: Nuts, especially nuts are walachian and almond, rich   
polyunsaturated by fat acids.  
  
 **Carbohydrates:**  
  
Vegetables: Broccoli, carrot and other vegetables, contain complex carbohydrates and important vitamins.  
  
Grainfoods: Barley, buckwheat and other grain foods contain useful carbohydrates and many fibres.  
  
Fruit: Apples, bananas and berries are sources of natural sugars and vitamins.

**Vitamins and Minerals :**  
  
Vegetables and Fruit : Rich in the vitamins of A, C, K and foil acid.  
  
Dairies: Provide a calcium for strengthening of bones and teeth.  
  
Meat and Fish : Sources of iron and zinc, important for a   
hematogenesis and immunity.

**Recommendation in relation to the consumption of carbohydrates:**  
Is Important, that carbohydrates provided 50-60days requirements in food energy. The amount of the energy got with the added sugar must not exceed 10оденної of food   
energy.  
  
An organism, especially brain, needs the permanent supply of glucose for effective and effective work. Недостаток of carbohydrates can result in the synthesis of glucose from own proteins of organism   
that can influence on the protective functions of organism.  
  
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 sugary 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.