**Correct Feed**

**A prelude is of Feed**

**Determination of feed:**

A feed is a process of providing of organism necessary substances trough the consumption of various foods. This process includes for itself 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 nutrients got from a meal are converted in energy necessary for implementation off 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 assist strengthening of immunity, supports the optimal level of cholesterol and piesis , diminishes a risk to the development of heart and other chronic diseases troubles.

***Support of functions 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 health body that influences on the general of organism and diminishes a risk to development of obesity and related to him weight.

**Distinction macro and micro elements**

**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 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 nucleus acids.

Natriuretic:

* *Role:* Adjusting of aquilibrium of liquids in an organism, participating in the transmission of nervous impulses.

**Micro elements:**

Iron:

* *Role:* Transport of oxygen in blood, participating in the synthesis of haemoglobin, support of immunity.

Zinc:

* *Role:* Participating in the height and development, function of the immune system, maintenance of sensory functions of skin.

Copper:

* *Role:* Participants in the synthesis of collagen, power exchange, transport of iron.

Selenium:

* *Role:* the antioxidant functions support of thyroid, defence of cages from damages.

Losing:

* *Role:* Synthesis of hormones of thyroid, normalisation of metabolism.

**Distinction macros and micro elements:**

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

*There elements are importance of optimal health and functioning of organism, and their proper consumption it is impotent for warming of defects and support of various biological processes.*

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

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 hide-quality

squirrel and Omega 3 by fat acids.

***Eggs*** :Eggs are an important source of valuable proteins and other nutrients.

***Soy bean foods:*** Tomato and other soy bean foods present a vegetarian

alternative to the squirrel.

**Fats:**

***Olive oil:*** Fats in olive oil assist the health of heart.

***Avocado:*** Contains the healthy saturated fats and fat acids.

***Nuts:*** Nuts, especially nuts are Wallachian and almond rich by fat acids.

**Carbohydrates:**

***Vegetables:*** Broccoli, carrot and other vegetables contain complex

carbohydrates and important vitamins.

***Foods:*** buckwheat and other foods contain useful carbohydrates and many

Fibres.

***Fruit:*** Apples, bananas and berries are sources of natural sugar and vitamins.

**Vitamins and Minerals:**

***Vegetables and fruits:*** Rich in the vitamins of A, B, C,K and 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 provide 50-60 days requirements in food

energy. The amount of the energy got with the added sugar must not exceed

10 days of food energy.

An organism, a specially brain , needs the permanent supply of glucose for

effective and effective work. Small carbohydrates can result in the synthesis

of glucose from even proteins 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

overwhelming of foods and they do not contain other useful substances.

Foods the contain difficult carbohydrates are mastered slower and provide

feeling of satiety on great while. Starch that is widespread difficult

carbohydrates meets in a wheat, potato, lime, corn and is traditionally 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.