Correct Feed

is Prelude of Feed

 of 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 smile 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 nutritive got  from a meal are converted in energy necessary for implementation of all physiolog 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 a risk 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 related to him weight*

**Distinction macro- and microelements**

**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 nucleic acids.*

**Natrium**:

 ● *Role: Adjusting of equilibrium 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 hemoglobin, 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 collagen, power exchange, transport of iron.*

**Selenium**:

 ● *Role: the Antioxidant function, support of thyroid, defense of cages from damages.*

**Iodine**:

 ● *Role: Synthesis of hormones of thyroid, normalization of metabolism.*

*Distinction макро- and micro-elements:*

 *● Amount: Macronutrients are needed in greater amounts, in that time as*

**Distinction macro- and micro-elements:**

● **Amount**: *Macronutrients are needed 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 regulator functions in biochemical processes.*

● **Distribution**: *Macronutrients being in an organism in meaningful amounts, while micro-elements - in track.*

These ingredients 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.**

***Proteins*** :
 •*Meat:*

*Chicken, beef, pork – sources of high-quality proteins, iron, and B vitamins.*

 *•Fish:*

*Salmon, tuna – rich in Omega-3 fatty acids, supporting heart health and immunity.*

 *•Eggs:*

*Proteins, vitamins A, D, E, choline – essential for metabolism and nervous system health.*

 *•Soy:*

*Tofu, soy products – plant-based protein alternatives, containing isoflavones that support hormonal balance.*

 ***Fats***:

 •*Olive oil – monounsaturated fats, beneficial for heart health.*

 *•Avocado – healthy fats, vitamins E and K.*

 *•Nuts (walnuts, almonds) – polyunsaturated fats, vitamins, and minerals.*

 ***Carbohydrates***:

 *•Vegetables (broccoli, carrots, squash) – vitamins A, C, K, fiber, and antioxidants.*

 *•Whole grains (barley, buckwheat) – energy-rich, fiber, and B vitamins.*

 *•Fruits (apples, bananas, berries) – natural sugars, vitamins C, A, E, and minerals.*

 ***Vitamins***:

*A – carrots, squash, apricots, mandarins (vision, skin health).*

*C – citrus fruits, kiwi, tomatoes (immunity, blood vessels).*

*B – legumes, broccoli, eggs (nervous system, metabolism).*

*D – fatty fish, sunlight (bone health, immunity).*

*Frozen vs. Fresh:*

*Fresh – retains vitamins (especially C, B) but spoils quickly. Frozen – preserves nutrients if processed rapidly.*

**Recommendations for Carbohydrate Consumption**

Carbohydrates should account for 50–60% of daily energy intake, with added sugars limited to no more than 10% of total daily calories.

***Importance of Carbohydrates:***

 *• The body, particularly the brain, requires a constant supply of glucose for effective functioning.*

 *• Insufficient carbohydrate intake can lead to glucose synthesis from the body’s own proteins, potentially compromising immune functions.*

*Types of Carbohydrates:*

1. ***Simple Carbohydrates:***

 • *Quickly absorbed and provide an immediate energy source, especially after exercise or during hunger.*

 *• Sources: sugar, honey, fruits, vegetables, juices.*

 • *Overconsumption of sugary foods should be avoided as they lack other essential nutrients.*

2. ***Complex Carbohydrates***:

 • *Digested more slowly, offering prolonged satiety.*

 *• Starch is a common complex carbohydrate found in wheat, potatoes, rice, and corn—key staples in many diets.*

 *• Fiber (a type of complex carb) is crucial for digestion but is not absorbed by the body.*

These recommendations align with WHO guidelines and emphasize the importance of balancing carbohydrate types for sustained energy and overall health