

THE DIGESTIVE SYSTEM

Mastication or chewing is the first step of digestion. Chewing increases the surface area of foods to allow more efficient break down by enzymes.

Salivary amylase begins digesting starch into polysaccharides.



Lingual lipase begins breaking down fat.

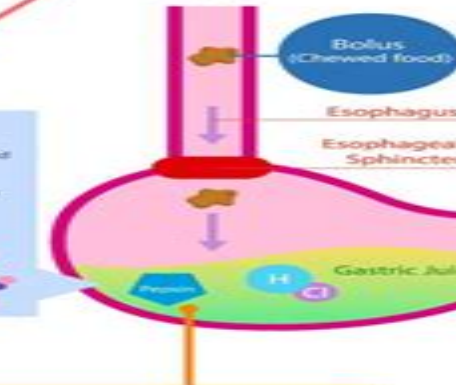
The digestion of proteins in the stomach occurs mainly due to the action of hydrochloric acid (HCl) and an enzyme called pepsin. Pepsin forms in the stomach when pepsinogen reacts with HCl. Pepsin breaks down proteins into polypeptides.



Hydrochloric acid produced by parietal cells present in the lining of the stomach increases the acidity of the bolus to pH=2.0. This deactivates the salivary amylase and stops the digestion of carbohydrates until they reach the small intestine.

Villi and microvilli of the small intestine are tiny structures that cover the walls and look like fingers. They increase the surface area and maximize the absorption of nutrients from food. Water soluble vitamins and minerals are absorbed into the bloodstream. Bile is needed for the absorption of fat-soluble vitamins. Fat-soluble vitamins enter the lymph vessels before making their way into the bloodstream.

No further digestion occurs in the large intestine except for the digestion of a small amount of fiber by the colon's bacteria population.



Pancreatic juices containing digestive enzymes are secreted into the small intestine to continue digesting macronutrients.

Polypeptides are broken down into Amino Acids.

Bile, a digestive juice manufactured by the liver and stored in the gallbladder, is released into the small intestine to emulsify fats.



Jejunum

Ileum

Cecum

Colon

Rectum

Elimination

- ~> Amino acids
- ~> B Vitamins
- ~> Calcium
- ~> Cholesterol
- ~> Fat
- ~> Glucose
- ~> Iron
- ~> Magnesium
- ~> Vitamins A, D, E and K
- ~> Vitamin C
- ~> Zinc

- ~> Potassium
- ~> Sodium
- ~> Water

Digestion And Nutrition Guide

**Food and Nutrition Information Center
(U.S.).**



Digestion And Nutrition Guide:

Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1975 The Healthy Bones Nutrition Plan and Cookbook Laura Kelly, Helen Bryman Kelly, 2016 Calcium helps build strong bones but it is a myth that taking a daily calcium supplement will enable you to avoid potentially debilitating bone loss Building bone requires a full complement of minerals and vitamins that too often are lacking in a woman's or man's diet in the quantity and combination required to prevent and treat osteoporosis In this book Dr Laura Kelly and Helen Bryman Kelly provide scientifically sound guidance on how to monitor your nutrient intake and cook right for bone health to avoid deficiencies of the key players in bone metabolism including calcium magnesium Vitamin D and Vitamin K2 and in many cases to avoid the use of osteoporosis drugs Follow their instructions for creating your own personal nutrition plan and enjoy delicious bone healthy meals from a selection of more than 100 recipes ranging from sauces and small plates to soups salads main dishes and more page 4 of cover **Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information Center (U.S.), 1977 Over 400 entries to audiovisual materials received by FNIC before 1977 Includes motion pictures slides flashcards videocassettes charts filmstrips records posters transparencies film loops phonodiscs audiotapes games audiocassettes kits puzzles and models Entry gives accession number bibliographical information FNIC call number descriptors and abstract Subject author title and media indexes Contains loan information Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition Information Center (U.S.), 1976 **Catalog. Supplement - Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information and Educational Materials Center (U.S.), 1975 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index The Complete Idiot's Guide to Plant-Based Nutrition Julieanna Hever, 2011-08-02 The healthy vegan diet made easy Vegans face their own special challenges when it comes to nutrition and this book provides answers There are about one million vegans in the U S and about 50 000 new ones every year A growing number of physicians advocate a completely plant based diet for many of their patients who suffer from diabetes heart disease and cancer In The Complete Idiot's Guide to Plant Based Nutrition readers will find Where to get nutrients that others get from meat and dairy How to avoid the vegan pitfall of overfed but undernourished How to spot hidden animal ingredients in packaged foods Tips for eating at restaurants Special considerations for children and seniors **Manual of Diet for the Invalid and Dyspeptic, with a Few Hints on Nursing** Duncan Turner, 1870 Foundations and Adult Health Nursing E-Book Kim Cooper, Kelly Gosnell, 2018-10-31 Learn the skills essential to clinical practice with Foundations and Adult Health Nursing 8th Edition This all inclusive guide to fundamentals and medical surgical nursing for the LPN LVN covers everything from anatomy and physiology to nursing interventions and maternity neonatal pediatric geriatric mental health and community health care Guidelines for patient care are presented

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bumped into her causing her to drop a burrito into a deep fryer

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