

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.

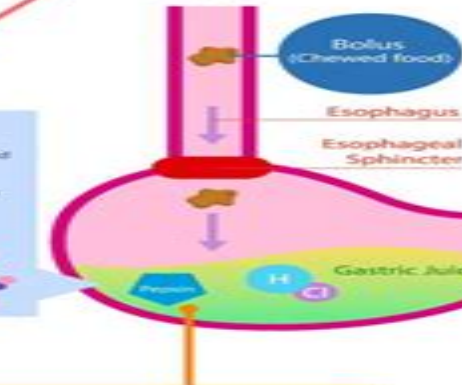
The digestion of proteins in the stomach occurs mainly due to the action of hydrochloric acid (HCl) and an enzyme called pepsin. Pepsin forms in the stomach when pepsinogen reacts with HCl. Pepsin breaks down proteins into polypeptides.



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.

Pancreatic lipase breaks down 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

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