

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.

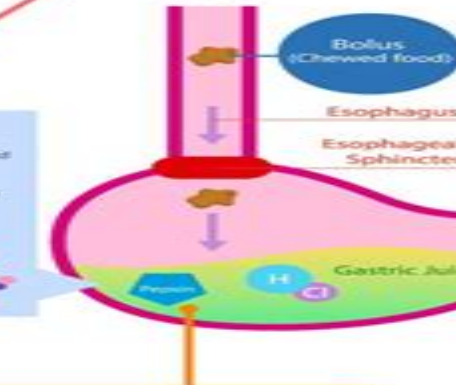
The digestion of proteins in the stomach occurs mainly due to the action of hydrochloric acid (HCl) and an enzyme called pepsin. Pepsin forms in the stomach when pepsinogen reacts with HCl. Pepsin breaks down proteins into polypeptides.



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 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 and
Educational Materials 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's 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

within the framework of the nursing process Nursing Care Plans are described within a case study format to help you develop skills in clinical decision making In addition the accessible friendly overall style and clearly written review questions helps you to prepare for the NCLEX PN examination Clear coverage of skills across the human lifespan includes maternity pediatrics adults and older adults Full color step by step instructions for over 110 skills show nursing techniques and procedures along with rationales for each Tenth grade reading level helps you to understand complex topics Skills are presented in a step by step format with clearly defined nursing actions and rationales Mathematics review in Dosage Calculation and Medication Administration chapter covers basic arithmetic skills prior to the discussion of medication administration Safety Alerts cover issues related to safe patient care in a variety of settings Health Promotion Considerations boxes highlight information on wellness and disease prevention including infection control diet and pregnancy Nursing Care Plans emphasize patient goals and outcomes within a case study format and promotes clinical decision making with critical thinking questions at the end of each care plan Patient Teaching boxes include post hospital discharge guidelines and disease prevention instructions with a strong focus on three way communication among the nurse patient and family members Communication boxes illustrate communication strategies using real life examples of nurse patient dialogue Lifespan Consideration boxes provide you with age specific information for the care of the patient Home Health Considerations boxes discuss issues facing patients and their caregivers in the home setting Get Ready for the NCLEX Examination section at the end of each chapter provides Key Points Review Questions and Critical Thinking Activities to reinforce learning Coordinated Care boxes promote comprehensive patient care with other members of the health care team focusing on prioritization assignment supervision collaboration delegation and leadership topics

Catalog Food and Nutrition Information Center (U.S.),1974 **Food and Nutrition Information and Educational Materials Center Catalog** Food and Nutrition Information and Educational Materials Center (U.S.),1973

Embracing the Tune of Term: An Psychological Symphony within **Digestion And Nutrition Guide**

In a world eaten by screens and the ceaseless chatter of quick transmission, the melodic elegance and psychological symphony developed by the prepared word frequently disappear in to the backdrop, eclipsed by the persistent noise and disruptions that permeate our lives. However, located within the pages of **Digestion And Nutrition Guide** an enchanting fictional treasure overflowing with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that captivating masterpiece conducts visitors on a mental trip, well unraveling the concealed songs and profound impact resonating within each carefully constructed phrase. Within the depths of this touching assessment, we can explore the book is key harmonies, analyze their enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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