MORE THAN NUTRITION AND BASIC HELATH

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What is Nutrition?

- Nutrition is a study of foods, their nutrients and other chemical constituents, and the effects of food constitutes on health.
- Nutrition is an interdisciplinary science.
- Nutrition recommendations for the public change as new knowledge about nutrition and health relationships is gained.
- Healthy individuals require the same nutrients across the life cycle but in differing amounts. Nutritional needs can be met a wide variety of cultural and religious practices.

What should we know about nutrition?

Nutrients	Chemical substances in foods that are used by the body for growth and health.	
Food Security	Access at all times to a sufficient supply of safe, nutritious foods to meet their dietary needs and food preference for active and healthy life.	FAO (2009)
Food Insecurity	Limited or uncertain availability of safe, nutritious foods.	
Nutrition Security	Access at all times to an adequate utilization and absorption of nutrients in food, in order to be able to live healthy and active life.	International Fertilizer Association (2016)

Food Security Dimensions

Nutritional Status

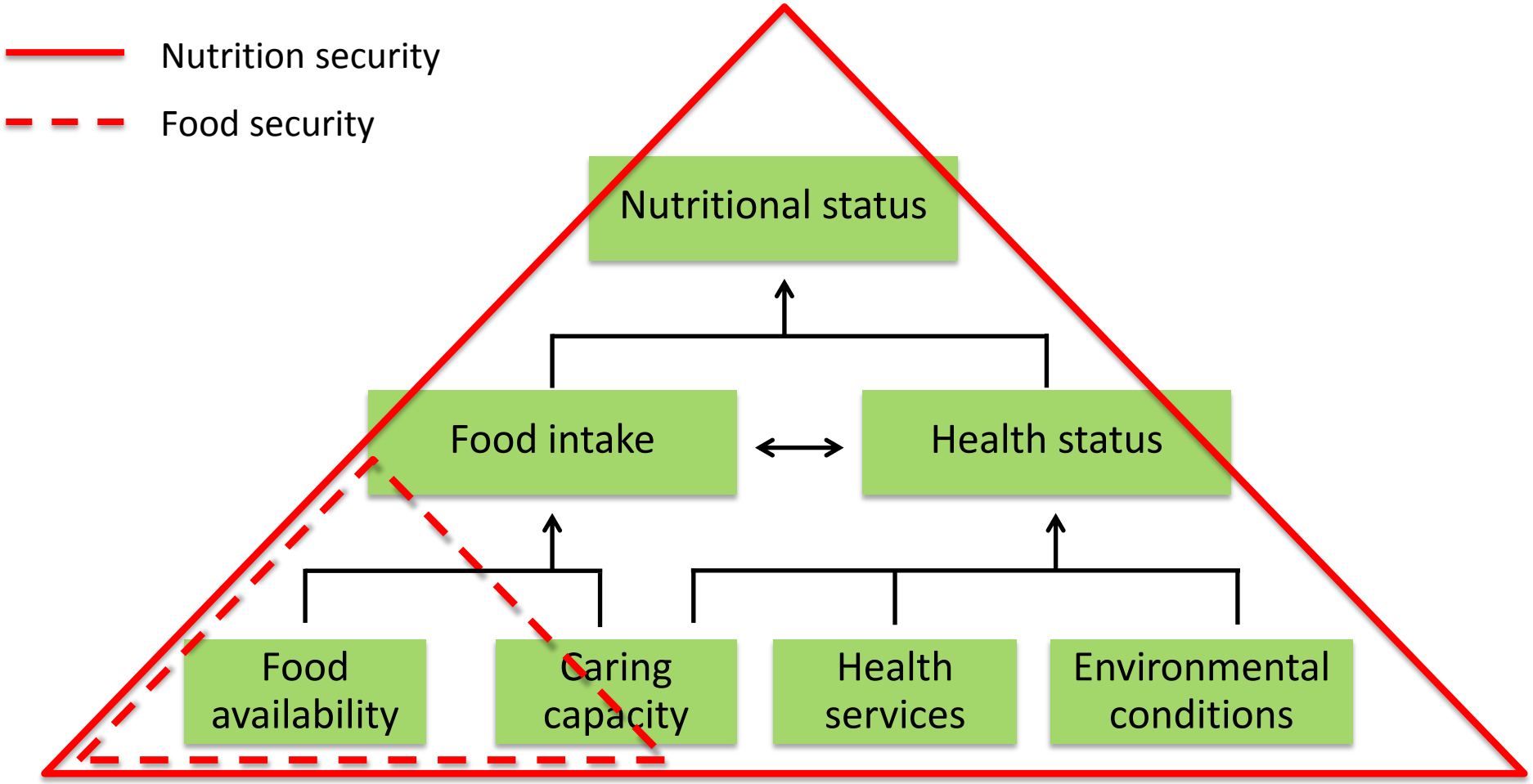
Utilization

Accessibility

Availability

Stability

Nutritional Status at Household Level



Nutrients

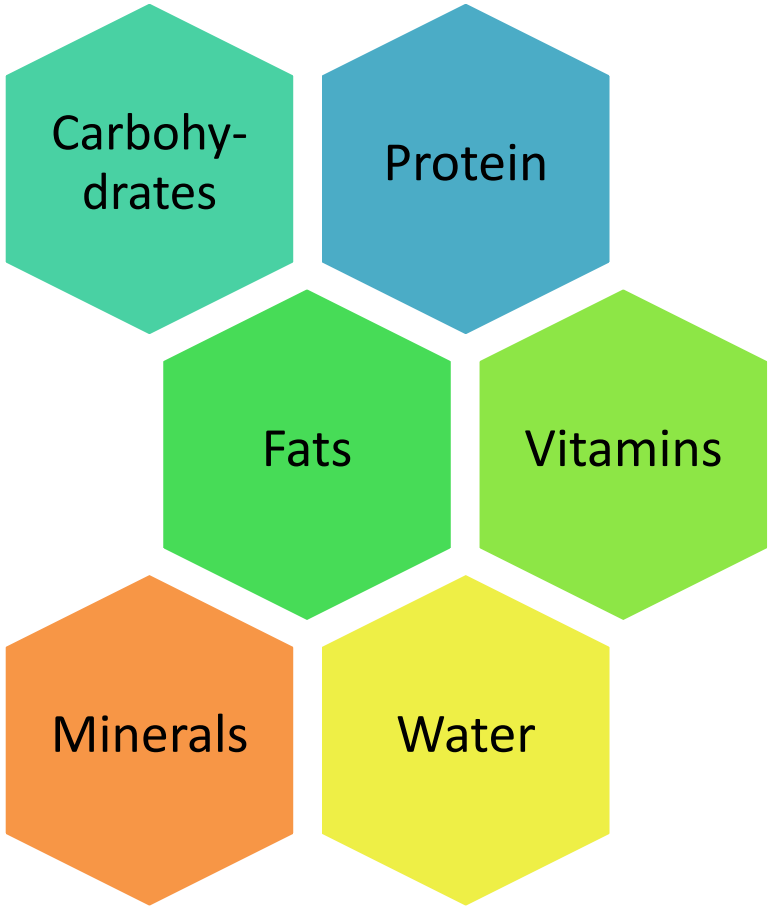
Essential nutrients

- Body cannot make or generally produce in sufficient amounts
- “Must be obtained from the diet”

Nonessential nutrients

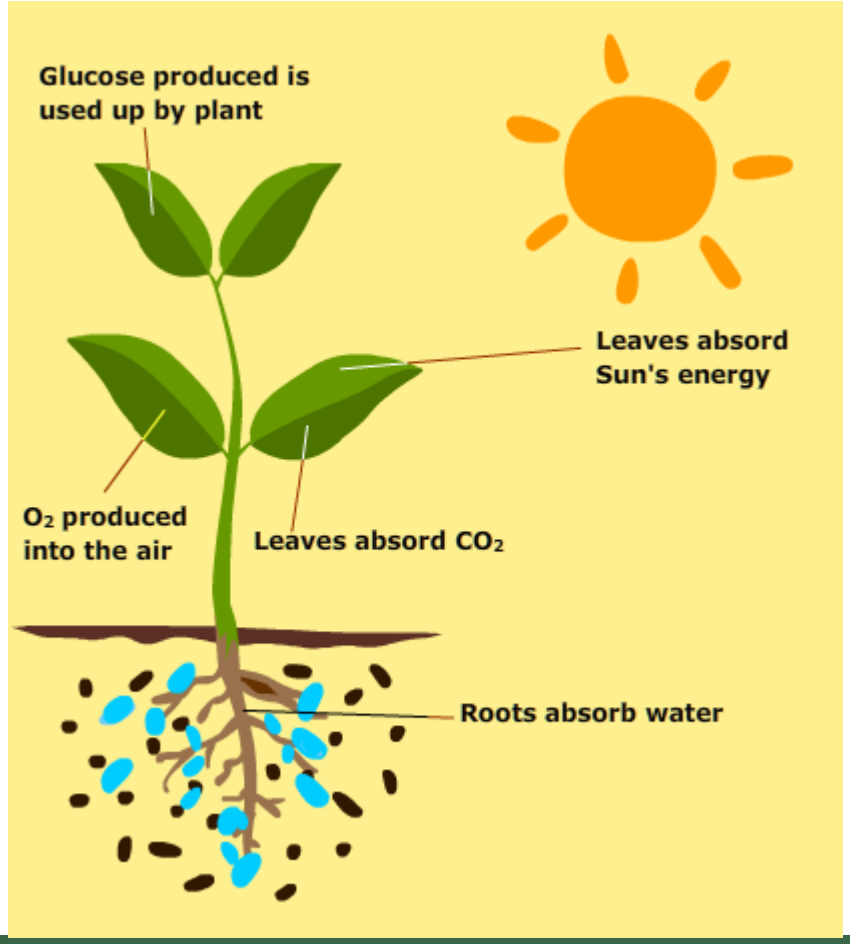
- Required for growth and health that can be produced by the body from other components of the diet

Essential Nutrients



Carbohydrates

Photosynthesis



Carbohydrates

- Used as a source of readily available energy
- Consists of **simple sugars, complex CHO, dietary fiber, alcohol sugars**
- Provides 4 calories/gram

Carbohydrates

- **Fibers** do not count as a source of energy because they cannot be broken down by human digestive enzymes
- Main function of fiber is to provide "**bulk**" for normal elimination.
- High-fiber diets reduce the rate of glucose absorption and help prevent cardiovascular disease and some types of cancers.

Carbohydrates

Dietary Fiber

- Indigestible
- Insoluble or Non-fermentable fiber
  - Cellulose, hemicellulose, lignin
  - Not fermented by the bacteria in the colon
- Soluble or Viscous fiber
  - Gum, pectin, mucilage
  - Fruits, vegetables, rice bran, psyllium seed

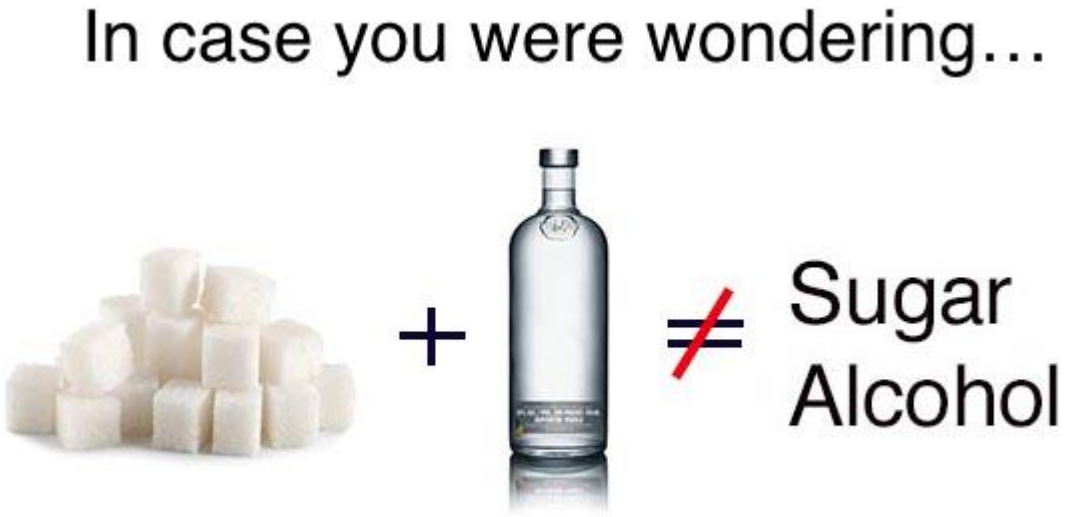
Carbohydrates

Functional Fiber

- Fiber added to food
  - Provides health benefits
- Prebiotics (type of functional fiber)
  - Stimulate growth or activity of beneficial bacteria in the large intestine

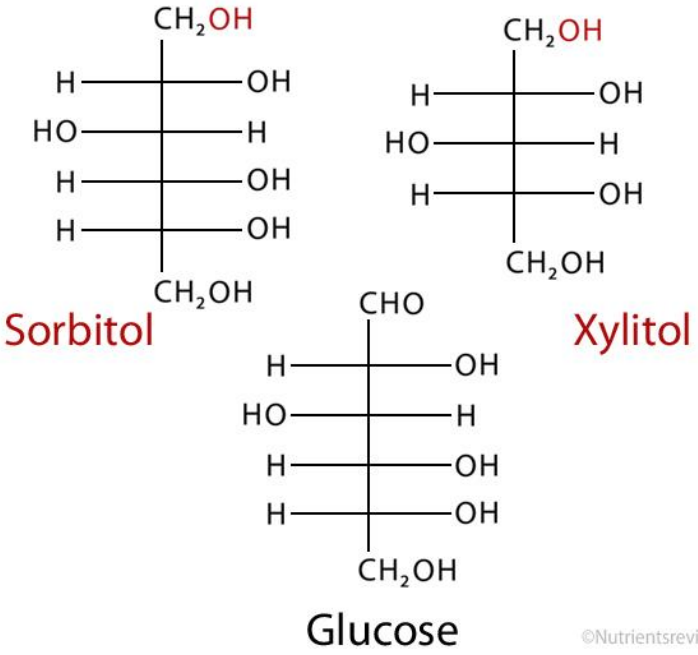
Carbohydrates

Alcohol sugars (Polyols)



Carbohydrates

Alcohol sugars (Polyols)



Carbohydrates

Alcohol sugars

- Alcohol sugars are like simple sugars, except that they contain a chemical component of alcohol.
- Xylitol, mannitol, sorbitol
- Unlike simple sugars, they do not promote tooth decay.

Functions of Carbohydrates

- Energy source
- Protein sparing
- Prevent ketosis
- Sweeteners

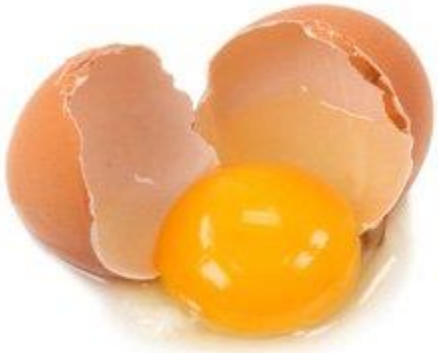
Proteins

- Provides the body with amino acids used to build and maintain tissues
- Can be used as a sources of energy
- Provides 4 calories/gram
- Some amino acids are essential amino acids.
- Some are non-essential amino acids.

Protein in Foods

Food Group	Grains	Vegetables	Fruits	Oils	Milk	Meat & Beans
Sources of protein	-Bread -Breakfast cereal -Rice -Noodles	-Carrots -Corn -Broccoli	-Apples -Oranges -Bananas	None	-Milk -Yogurt -Cheese	-Meat -Eggs -Fish -Dry beans -Nuts
Gram per serving	2-3	2-3	<1	<1	8-10	7

Are all proteins the same?



Health and Plant Proteins

- Provide protein with minerals and dietary fiber
- Contain no cholesterol
- Limited saturated fat
- High fiber

  However, time is needed to adjust to the higher fiber load

- Heart healthy
- Cancer-fighting
- Bone health
- Better glucose control
- Soy and menopause symptoms

What could we do to get high-quality protein?

Grains

Low in Lys

High in S-containing amino acids

Legumes

Low in Met

High in Lys

Vegetables

Low in Met

Nuts

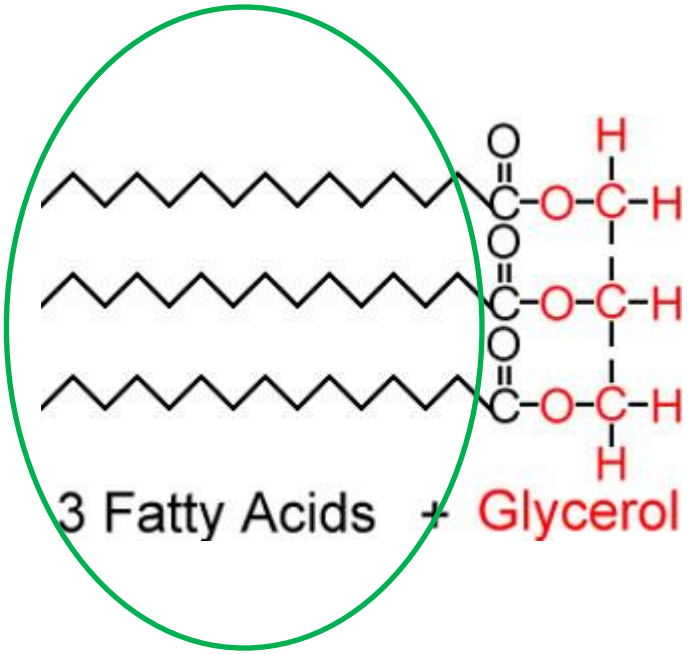
Low in Lys

Functions of Proteins

- Building blocks of body components
- Fluid balance maintenance
- Acid/Base balance
- Building blocks of hormones and enzymes
- Immune function
- Gluconeogenesis
- Energy yielding (non-preferred source)
- Provides highest feeling of satiety after meal

Lipids

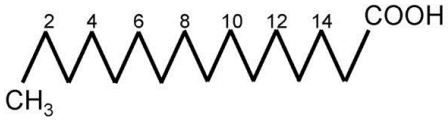
- Include fats, oils and related compounds such as cholesterol
- Types of lipids
  - Triglycerides
  - Phospholipids
  - Sterols (Cholesterol)
- Provides 9 calories/gram



Fatty acids

Saturated Fatty Acids

Palmitic Acid



Unsaturated Fatty Acids

Oleic Acid

ω6 Polyunsaturated Fatty Acids

Linoleic Acid

Arachidonic Acid

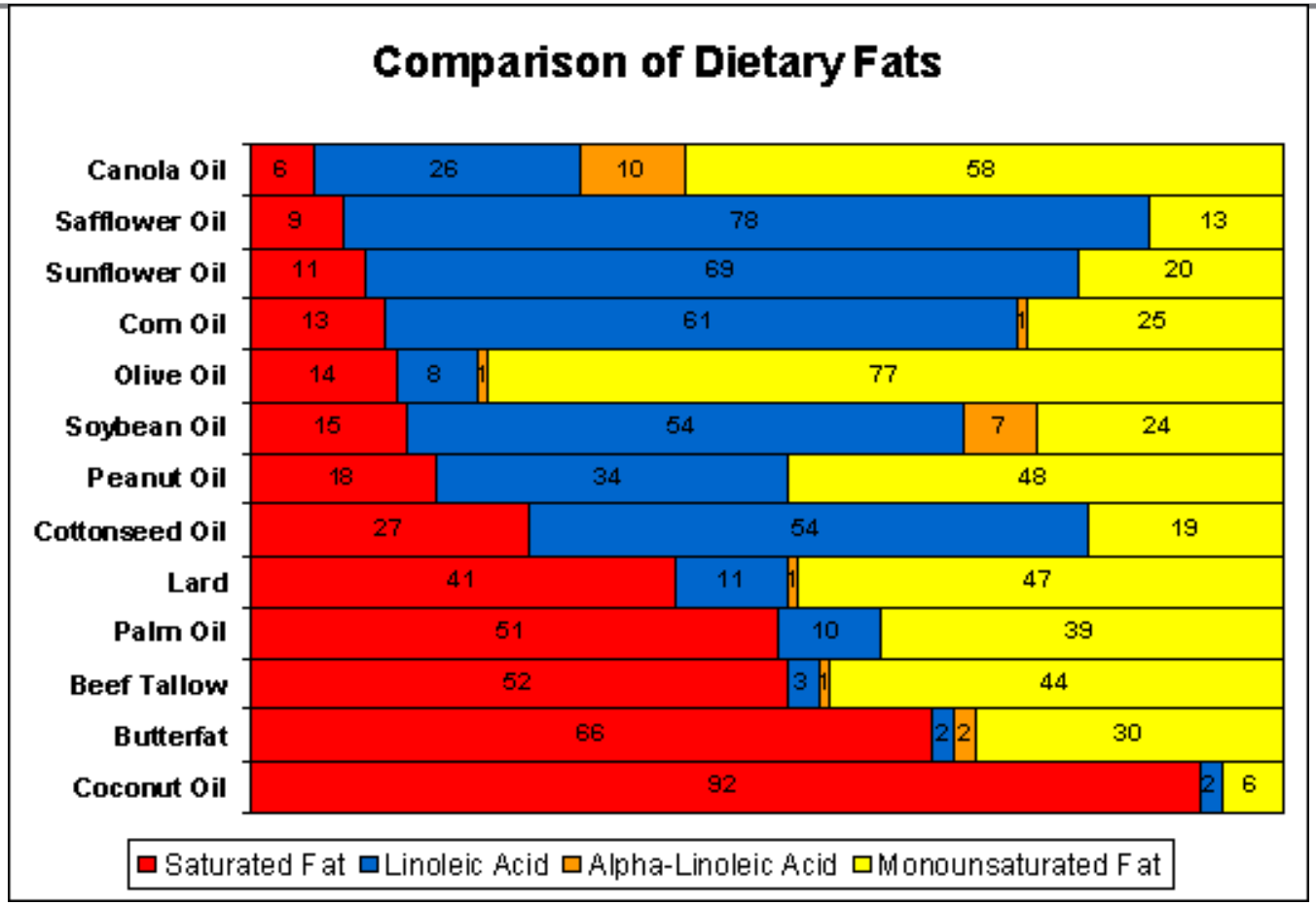
ω3 Polyunsaturated Fatty Acids

α-Linolenic Acid

Eicosapentaenoic Acid

Docosahexaenoic Acid

Fatty Acids

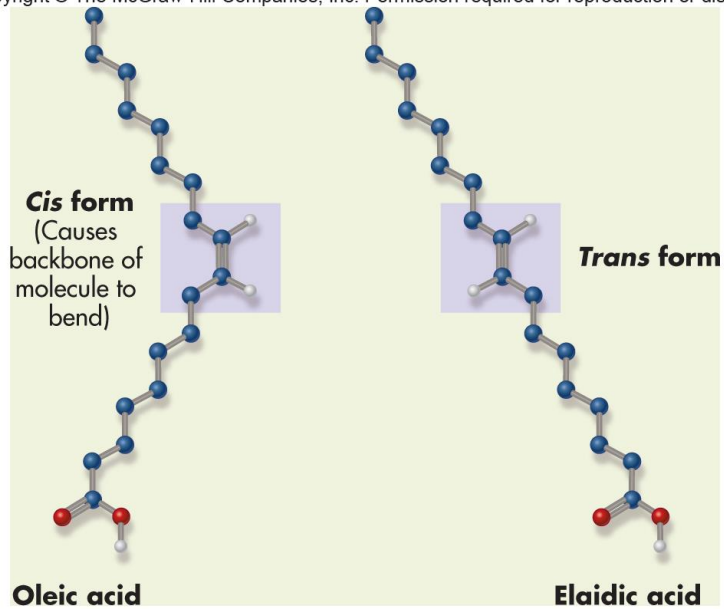


http://oregonstate.edu/instruct/css/330/seven/index2.htm

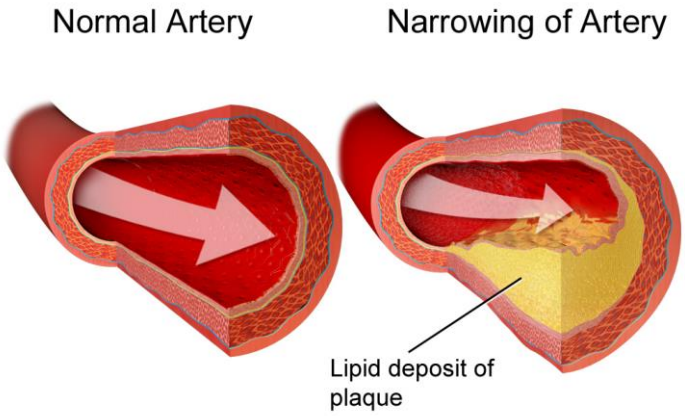
Essential Amino Acids

- Omega-3 fatty acids (alpha-linoleic acid)
- Omega-6 fatty acids (linoleic acid)
- Body can only make double bond after the 9^{th} carbon from the omega end.
- Functions
  - Immune function, vision, cell membrane and production of hormone-like compounds

Trans fat



- Hydrogenation: adding hydrogen to the double bonds
- Enhance storage life and baking qualities

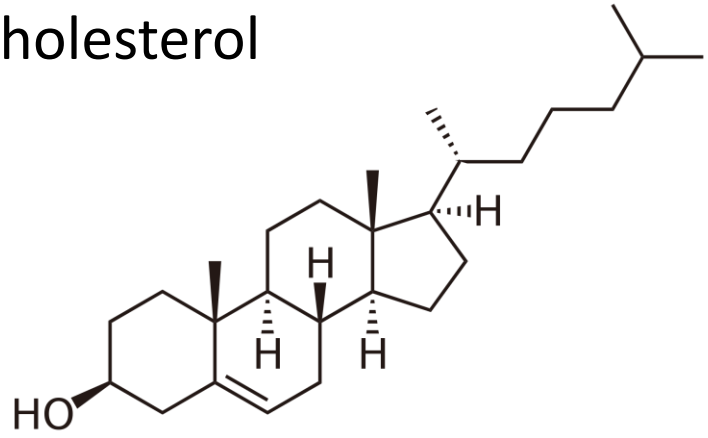


Coronary Artery Disease

Trans fat

Cholesterol

- A component of animal cell membranes, the brain, and the nerves.
- Precursor of estrogen, testosterone, vitamin D, which is manufactured in the skin upon exposure to sunlight.
- Precursor of bile acid
- Body generally produce 1/3 of the cholesterol our bodies use.
- Produced by the liver
- Found only in animal products



Fat in Foods

Reduced-fat food

- Calories content is about the same.
- Sugar is commonly added in place of fat.

Vitamins

- Essential organic substances
- Produce deficiency symptoms when missing from diet
- Yield no energy, not serve as structural components of the body
- Basic functions:
  - Facilitate energy-yielding chemical reactions
  - Function as co-enzymes
- Fat-soluble vitamins
- Water-soluble vitamins

Fun Facts about Vitamins

- Vitamins were names in order of discovery (A, B, C, D, …)
- Other substances found not be essential were dropped (e.g. vitamin P)
- B-vitamins were thought to be one vitamin; turn out to be many (e.g. B1, B2, B3, …)
- Scientists believe they have discovered all the vitamins

Vital Dietary Components

- Megadose (> 3-10x needs as a starting points)
- Plant and animal foods provide vitamins
- Most synthesized vitamins work equally well in the body

Vitamin Toxicity

- Fat-soluble vitamins

  Can accumulate in the body

- Water-soluble vitamins

  Some can cause toxicity, but tend to last a shorter time and more quickly remedied.

- Mostly likely due to supplementation

Preservation of Vitamins

- Decreased vitamin content due to:
  - Improper storage
  - Excessive cooking
  - Exposure to light, heat, air, water, and alkalinity
- Eat foods soon after harvest
- Freeze foods not consumed within a few days
- Blanching destroys enzymes

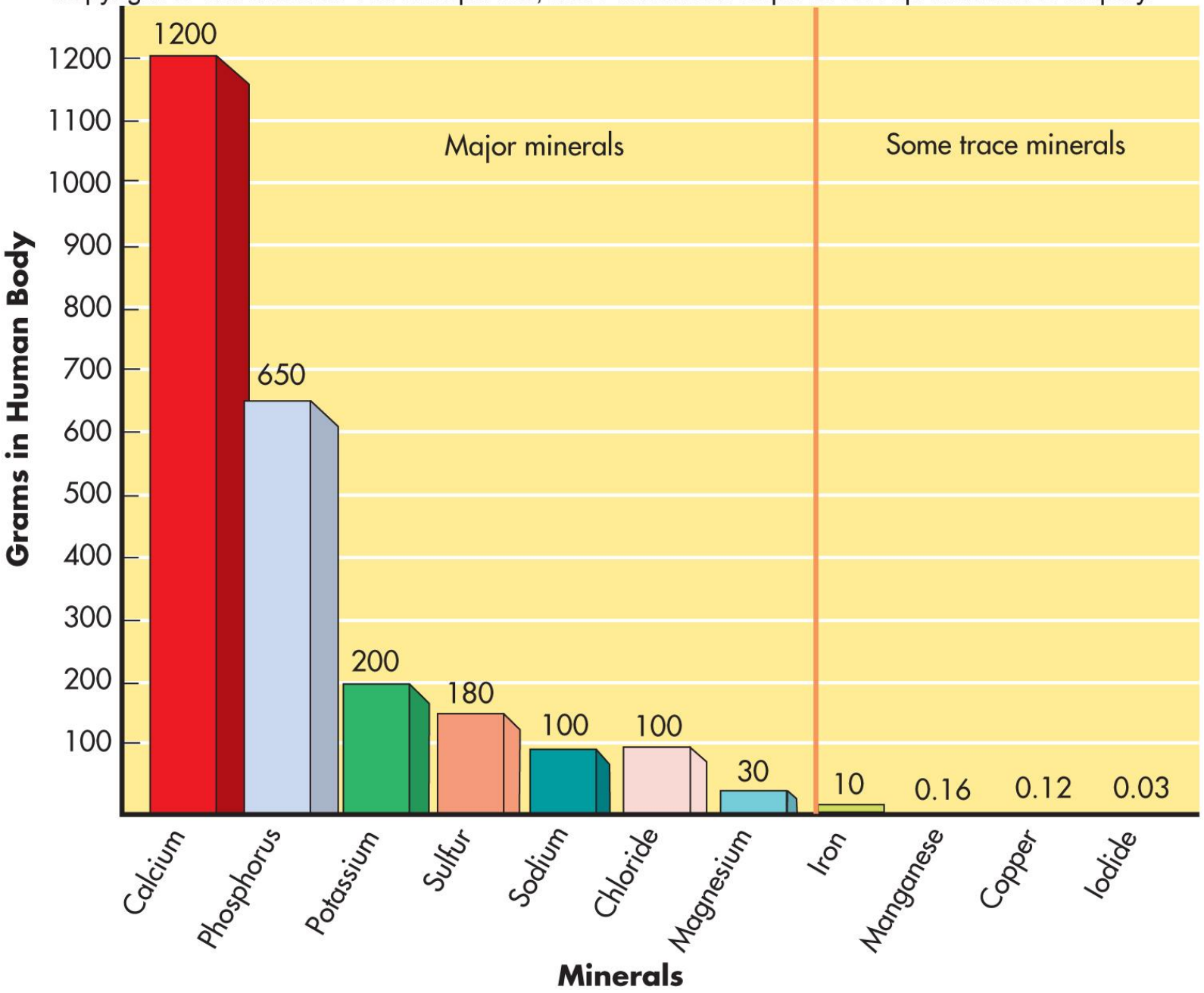
  Slow down vitamin degradation

Vitamin-like Compounds

- Carnitine
- Inositol
- Taurine
- Lipoic acid
- Synthesized in the body at the expense of amino acids and other nutrients
- Coenzyme Q10

Minerals

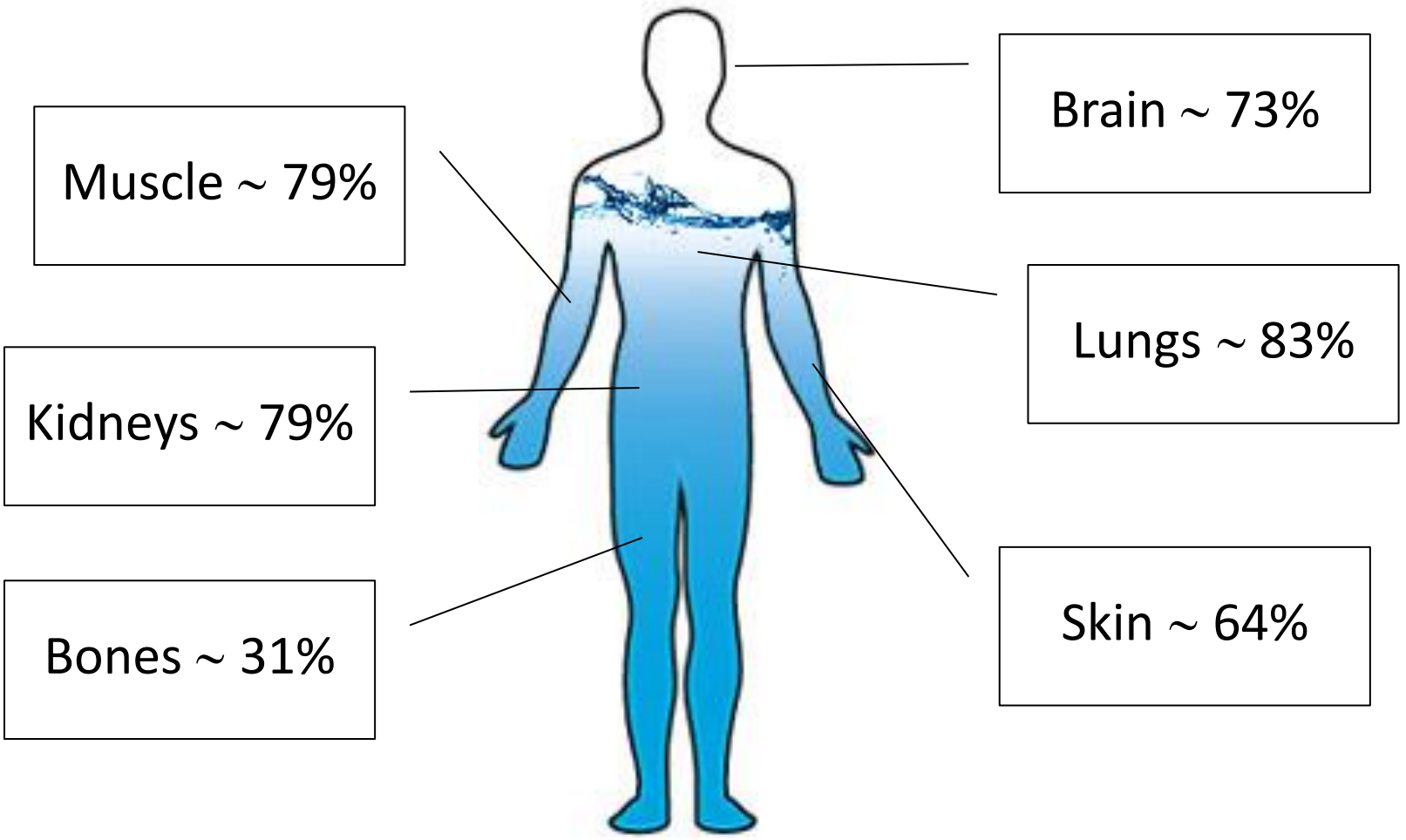
- Various functions in the body
- Major minerals
  - Require > 100 mg / day
  -
- Trace minerals
  - Require < 100 mg / day
  -



Bioavailability of Minerals

- Degree of absorption
- Presence of binders and fiber
- Animal products are better absorbed
- Plants depend on mineral content of soil
- Refinement lowers mineral content
- Mineral-mineral competition
- Vitamins-mineral competition

Water



Functions of Water

- Body temperature regulator
  - By sweating and respiration
- Vital nutrient to the life of every cell, acts first as a building material
- CHO and proteins that our bodies use as food are metabolized and transported by water in the bloodstream
- Assists in flushing waste mainly through urination
- Acts as a shock absorber for brain, spinal cord, and fetus
- Forms saliva
- Lubricates joints

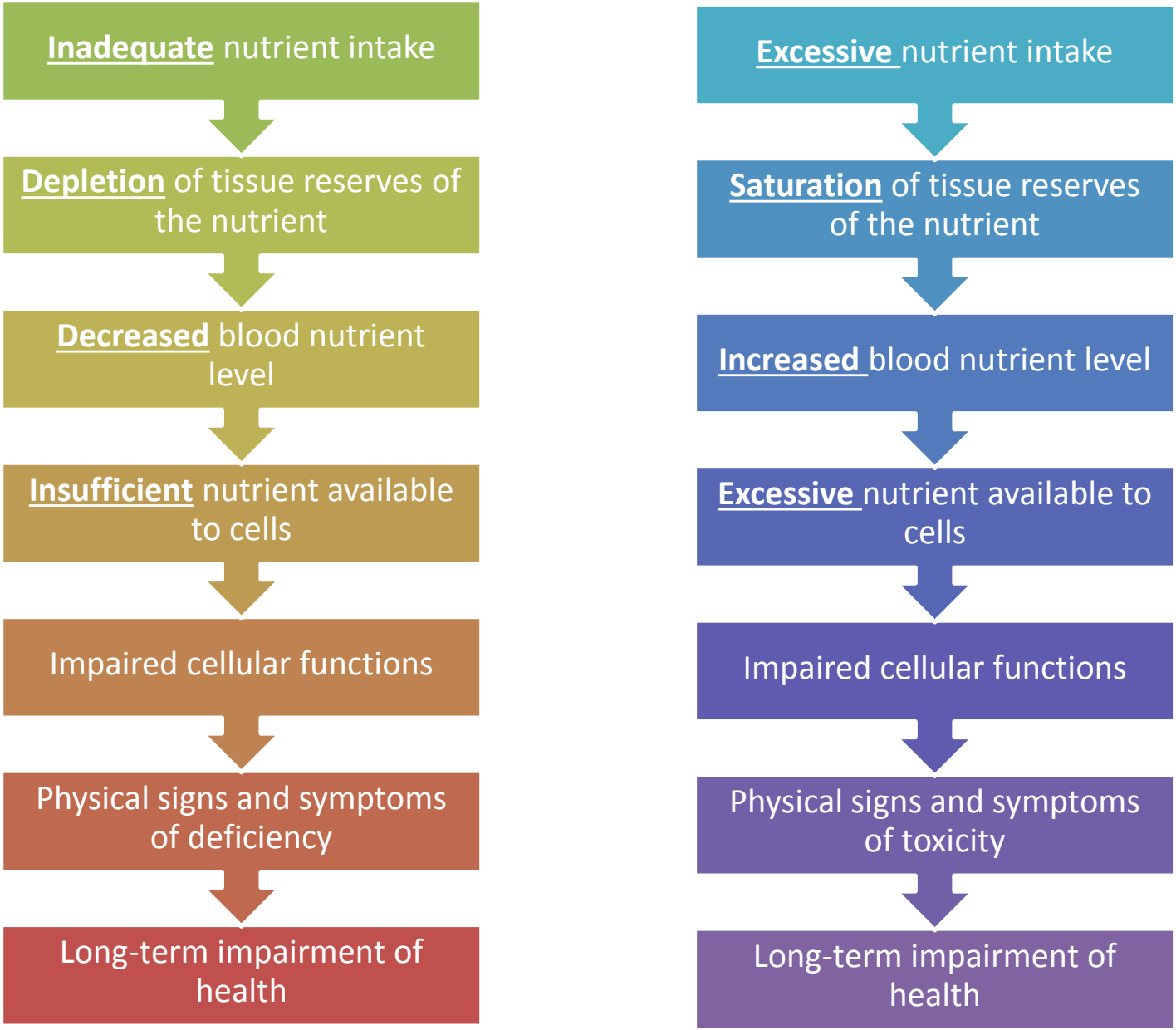
Ignoring the Thirst Signal

- Shortage of water increases fluid conservation
- Antidiuretic hormone
  - Released by the pituitary gland
  - Forces kidneys to conserve water (reduce urine flow)
- Aldosterone
  - responds to drop in blood pressure
  - Signals the kidney to retain sodium (water)

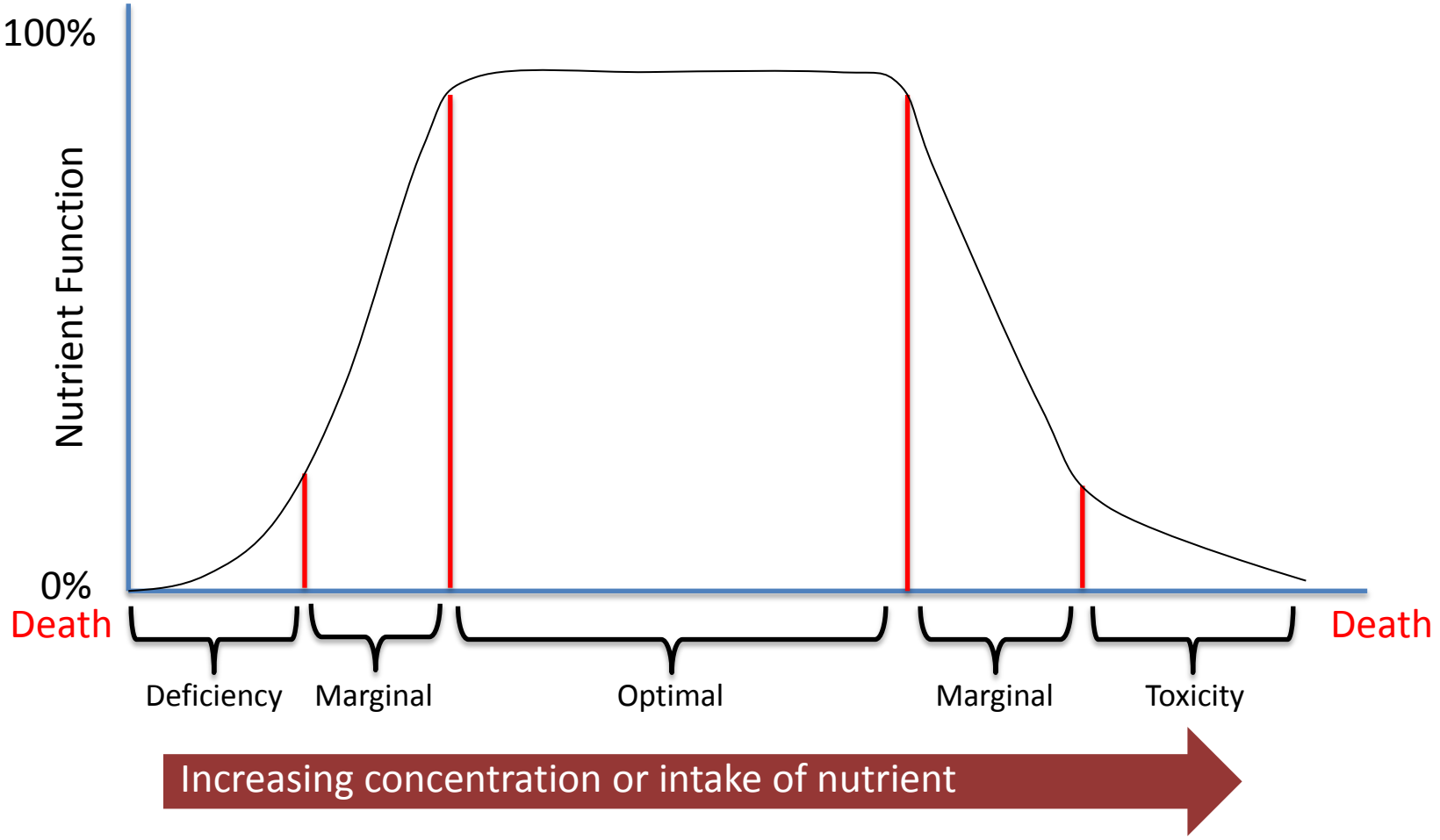
Too Much Water

- Overburden the kidneys
- Low blood electrolyte concentrations
- Blurred vision

Development of Nutrient Deficiencies and Toxicities



Food Security Dimensions

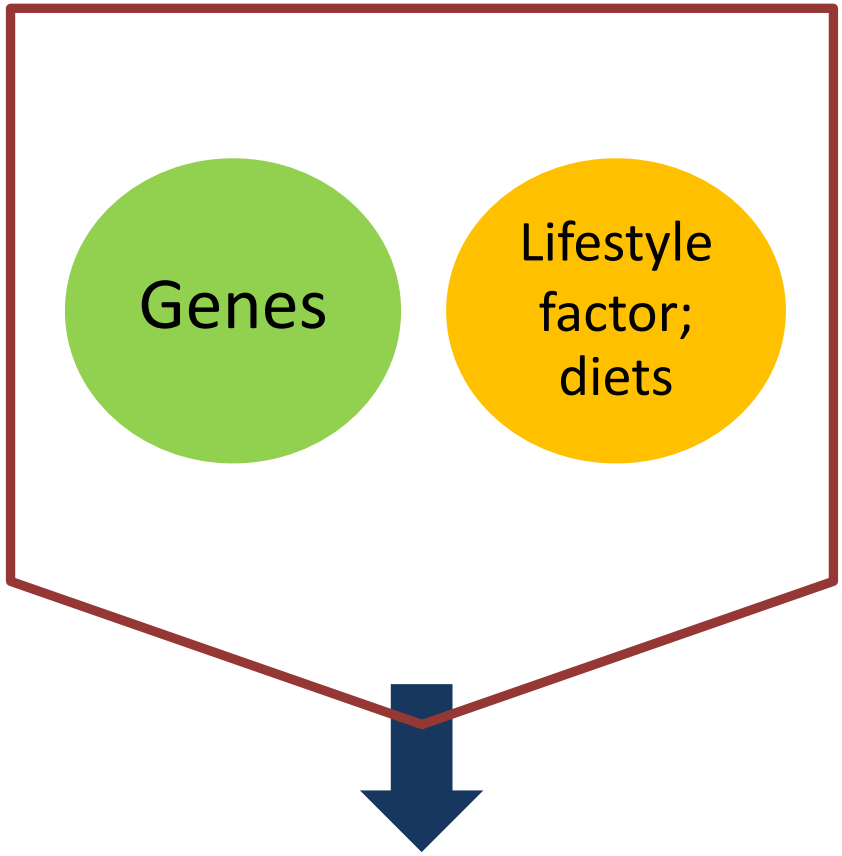


Notes to Care

Nutrient deficiencies are usually multiple

Malnutrition can result from poor diets, disease states, genetic factors or combinations of theses causes

Nutrient – Gene Interactions



Nutrient – Gene Interactions

- Consumption of whole oats lowers blood cholesterol level in some people but not others.
- High alcohol intake during pregnancy in some women sharply increases the risk of fetal alcohol syndrome in her fetus, but the fetuses of other women with different genetic traits are not affected by high alcohol intake.
- Regular consumption of green tea reduces the risk of prostate cancer in certain individuals with a particular genetic trait.

Thank You !

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