

Chapter 24 Metabolism And Nutrients

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Human Anatomy and Physiology: Nutrition and Metabolism ...

24 | METABOLISM AND NUTRITION Figure 24.1 Metabolism Metabolism is the sum of all energy-requiring and energy-consuming processes of the body. Many factors contribute to overall metabolism, including lean muscle mass, the amount and quality of food consumed, and the physical demands placed

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on the human body. (credit: "tableatny"/flickr.com)

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Chapter 24: Nutrition, Metabolism, and Body Temperature ...

Chapter 24: Nutrition, Metabolism, and Energy Balance
Nutrition
Nutrient: substance in food for growth, maintenance, repair
Most nutrients are used for metabolic fuel, but some are for cell structures and molecular synthesis
Macronutrients: 3 major nutrients that make up the bulk of ingested food
o Carbohydrates, lipids, and proteins
Micronutrients: required in small amounts
o Vitamins and minerals
Water is required, so technically it is a nutrient
Essential nutrient: diet must provide; body ...

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Nutrition, Metabolism, and Body Temperature Regulation PART 1 NUTRIENTS Define nutrient, essential nutrient, and calorie. List the five major nutrient categories. Note important sources and main cellular uses. 24.1 What are carbohydrates, lipids, and proteins used for?

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Vitamin C. Helps with iron absorption and synthesis of collagen, found in citrus and green veggies, antioxidant. Niacin. Involved in cell respiration. Found in meat, chix, fish, spinach. Biotin. Acts as a coenzyme for breakdown of nutrients, essential. in Kreb's cycle. liver, egg yolk, legumes.

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Chapter 24 Nutrition, Metabolism, and Body Temperature Regulation Exam 1. The molecule that serves as the major source of readily available fuel for neurons and blood cells is _____.

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View full document. Chapter 24: Nutrition, Metabolism and Energy Balance nutrient = substance in food that promotes normal growth, maintenance and repair o macronutrients - provide calories bulk of what we eat = carbohydrates, lipids and proteins (Table 24.1) o micronutrients - do not provide calories but essential co-factors for enzymes and/or function vitamins and minerals → only required in minute amounts o essential nutrients = cannot be made fast enough to meet body's need ...

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Metabolism. ALL Proteins, Carbohydrates, and Fats are turned into Acetyl CoA; which can enter the Krebs

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cycle and then oxydative phosphorylation to produce ATP; aerobic respiration occurs in the mitochondria. ATP is a biological currency; energy is the bonds of the phosphates. AdenosineDlphosphate; minus one phosphate.

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Chapter 24 Metabolism And Nutrients

This lecture describes the major macromolecules (carbohydrates, proteins, lipids) and the physiology of the absorptive and post-absorptive states. It also br...

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