

Anatomy and Physiology

Nutrition and Metabolism Notes

NUTRITION AND METABOLISM

Nutrients:

6 categories

1.

2.

3.

4.

5.

6.

Carbohydrates:

Complex –

Cellulose -

Simple –

Glucose -

Lipids (fats):

Saturated -

Unsaturated -

Cholesterol -

Adipose tissue -

Proteins:

Used for -

Complete -

Incomplete -

Vitamins:

Minerals:

Best supply of minerals -

Water:

Function –

Loss of –

METABOLISM

Anabolism -

Catabolism -

Carbohydrate metabolism:

Glucose –

Fates -

Hyperglycemia -

Hypoglycemia -

Fat (lipid) metabolism:

Liver

1.

2.

3.

4.

Fat breakdown:

Acetic acid –

When is fat used to produce ATP?

Acidosis/Ketosis

Protein metabolism:

Broken down into -

Amino acid use:

Essential amino acids:

When are proteins used to produce ATP?

Ammonia -

AS PROMISED MORE ON THE LIVER

Functions:

1.

2.

3.

4.

5.

Removed substances:

1.

2.

3.

4.

Metabolic functions: Carbohydrates

Glycogenesis

Glycogenolysis

Gluconeogenesis

Fats:

Proteins:

Cholesterol:

LDL

HDL