

A Brief Note on Nutrition and It's Types

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Commentary

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ABOUT THE STUDY

Nutrition is the biochemical and physiological process through which an organism utilises food to maintain its life. It provides food to living creatures that can be converted into energy and chemical building blocks. Malnutrition is caused by inadequate nutritional consumption. Nutritional science is the study of nutrition, despite the fact that it typically concentrates on human nutrition. The type of creature determines what nutrients an organism requires and how it acquires them. Organisms obtain nutrition through ingesting organic or inorganic substances, absorbing light, or a mix of these. Others can produce their own nutrients by consuming basic elements, whereas some species must consume other species to obtain pre-existing nutrients. Carbon, energy, and water are three essential molecules that all living things need.

Animals consume other living creatures to obtain complex nutrients including proteins, lipids, and carbs. Humans developed agriculture and cooking to replace foraging and enhance human nutrient intake. The environment and the soil supply nutrients to the plants. Fungi digest and absorb nutrients from their surroundings through the mycelium. Despite the fact that each of the seven main nutrient groups has a specific function in our bodies, they are all essential since they cooperate to promote our general health. The key functions of these significant nutrients in the body are enumerated in the list below:

Carbohydrates

Carbohydrates are a major source of energy for our body and are mostly found in grains like rice and noodles, fruits, root vegetables, dry beans, and dairy products are other foods that include carbohydrates.

Proteins

About 10%-35% of calories should be made up of protein. We need proteins in our diets to promote the development and health of our immune systems (which is crucial for children, teenagers, and pregnant women in particular). They are also essential for maintaining lean muscle mass, manufacturing necessary hormones and enzymes, and providing energy when carbs are in short supply.

Fats

Foods that include fats include nuts, seeds, dairy products, oils, meat, fish, and other seafood. A source of energy is fat. They prevent heat loss in extremely low temperatures and prevent shock to important organs. Some of the cells in our bodies are put together by them, and they also transport fat-soluble vitamins like vitamin A, D, E, and K.

Vitamins

There are many different types of vitamins, and they can be found in many different food groups. They have a role in several biological functions, such as bone growth, maintaining healthy skin and hair, and releasing and utilizing food's energy. Vitamins fall into two categories: fat-soluble and water-soluble.

Minerals

Minerals are a group of significant minerals that regulate a number of physiological functions, such as fluid balance, muscle contraction, and nerve signal transmission. Some substances, like calcium, assist both the construction and health of the bones.

Dietary fibre

Dietary fibre is the portion of plants that cannot be digested. It promotes good digestive health, regulates blood sugar, and prevents constipation. Dietary fibre can be divided into two categories: Soluble and insoluble.

Water

Water is the most common substance in the human body and is also essential for optimal health. In the body, water plays a variety of crucial activities, including regulating body temperature, generating biological fluids, delivering nutrients, and eliminating waste.