In a nutshell...

- The body uses a variety of small molecules (amino acids, fatty acids, glucose) for its metabolic needs. Food is mechanically and chemically broken down into these molecules during digestion, after which they can be taken up by body cells through the separate process of absorption.
- Food travels in a one-way path from mouth to esophagus to stomach to small intestine to large intestine to anus.
- Organs and structures in the digestive system are specialized for specific functions in digestion.
- Digestive enzymes are specific hydrolytic enzymes that have a preferred temperature and pH.
- Proper nutrition is necessary to health.

**DIGESTION**: the mechanical and chemical breaking down of ingested food into particles, then into molecules small enough to move through epithelial cells and into the internal environment.

**ABSORPTION**: the passage of digested nutrients from the gut lumen into the blood or lymph, which distributes them through the body.

**ELIMINATION**: the expulsion of indigestible residues from the body.

We will look at DIGESTION first.

- During digestion, proteins are broken down into amino acids, carbohydrates into glucose, fat to glycerol and fatty acids, nucleic acids to nucleotides.
- Digestion is an EXTRACELLULAR process. It occurs within the gut (a tube that runs from mouth to anus).
- Digestion is achieved through the cooperation of a number of body parts and organ systems, and its coordination depends on the actions of several key HORMONES. Let's first look at the parts of the digestive system:

**Mouth**

- besides emitting pearls of wisdom, your mouth is where digestion begins.
- the mouth receives food, chews it up, moistens it, and starts to digest any starch in the food.

**Structure**

- divided into an anterior hard palate (contains several bones) and a posterior soft palate, which is composed of muscle tissue. That thing that hangs down in the back of your throat people think is their tonsils is really the uvula, and is the end part of soft palate. (the tonsils lie on the sides of the throat).
- sense of hunger is due to the combined sensations of smelling and tasting of food. Olfactory (scent) receptors in the nose, and taste buds on the tongue, remind you that you’re hungry.

**Teeth**

- a normal adult mouth has 32 teeth. The purpose of teeth is to chew food into pieces that can be swallowed easily.
- different teeth types aid this: 8 incisors for biting, 4 canines for tearing, 8 flat premolars for grinding, and 12 molars for crushing. (wisdom teeth are final molars which may or may not erupt properly) -- if not, they must be removed surgically.)
• each tooth is shrouded by a tough, extremely hard layer of **enamel** (composed largely of **calcium salts**), **dentine** (a thicker, brownish bone-like material) and an inner layer of **nerves and blood vessels** called the **pulp**.

• “cavities” (proper name for cavities is “caries”) are caused by **bacteria** in the mouth feeding on foods (like sugars) and giving off acids that corrode the tooth. “Plaque” is actually the living and **dead bodies of millions of bacteria**. **Fluoride** makes the tooth enamel stronger and more resistant to decay.

• Gum disease (inflammation of the gums = “gingivitis” is the *most common disease in the world*! If it spreads to the **periodontal membrane** (the lining of the tooth socket), it can cause **bone loss** in the socket and loosening of the teeth (= **peridontitis**).

• There are three sets of **SALIVARY GLANDS** that produce **SALIVA**:
  1. **parotid** (below ears)
  2. **sublingual** (below tongue)
  3. **submandibular** (under lower jaw).

• You can locate the duct opening of these with your tongue (**parotid** - by second upper molar, **sublingual and submandibular** flaps are under the tongue).

• When you chew food, you moisten and lubricate it with **saliva**. Saliva contains **water**, **mucus**, and **salivary amylase**, a **hydrolytic** enzyme that breaks down starch in the presence of water. **Starch** is broken down **to maltose** (a disaccharide of glucose), which is later broken down to glucose in the intestine.

• Thus, digestion **begins in the mouth**, even before the food is swallowed. Once food has been chewed, it is called a **bolus**.

• Food is then passed through the back of the mouth when you swallow. The first region that it enters is called the **PHARYNX**, which is simply the *region between mouth and esophagus* where swallowing takes place.

• Swallowing is a reflex action (requires no conscious thought).

• To prevent food from going down your air passages, some clever maneuvering is necessary. Note that it is impossible to breathe and swallow at the same time. **What is happening?**

• when you swallow, the following happens in order to block air passages:
  1. the **SOFT PALATE MOVES BACK** to cover openings to nose (nasopharyngeal openings).
  2. **TRACHEA (WINDPIPE) MOVES UP** under a flap of tissue called the epiglottis, blocking its opening. When food goes down the “wrong way” it goes into the trachea, and is then coughed back up.
  3. opening to **LARYNX** (larynx = “voice box”) is called the “glottis.” This opening is **COVERED** when the trachea moves up (you can see this by observing the movement of the Adam’s Apple (part of the larynx) when swallowing). It gets covered by a flap of tissue called the **EPIGLOTTIS**.

• food then has one route to go —> down the **ESOPHAGUS**.

• **Esophagus**: a long muscular tube that extends from pharynx to stomach. Made of several types of tissue.

• The inner surface lined with **mucus membranes**. This layer is attached by connective tissue to a layer of **smooth muscle** containing both **circular** and **longitudinal** muscle.

• food moves down the esophagus through **PERISTALSIS** (*rhythmical contractions of the esophageal muscles*). If peristalsis occurs when there is no food in the esophagus, you will feel that there is a “lump” in your throat.

• Food bolus reaches the end of the esophagus and arrives at the **cardiac sphincter** connecting to the stomach. (sphincters function like **valves**. Made of muscles that encircle tubes, open them when they relax, close them when they contract).

• Normally, this sphincter prevents food from moving up out of stomach, but when **vomiting** occurs, a reverse peristaltic wave causes the sphincter to relax and the contents of the stomach are propelled outward.
• is a thick-walled, J-shaped organ that lies on left side of the body beneath the diaphragm.

• can stretch to hold about half a gallon (~2 liters) of solids and/or liquids in an average adult.
• three layers of muscle contract to churn and mix its contents
• “hunger pains” are felt when an empty stomach churns.
• the mucus lining of the stomach contains inner GASTRIC GLANDS which produce GASTRIC JUICE. Gastric juice contains PEPsinogen and HCl (hydrochloric acid). When the two combine, pepsinogen forms PEPSIN, a HYDROLYTIC ENZYME that breaks down proteins into smaller chains of amino acids called peptides. (further on in the digestive tract they are broken down individual amino acids by other enzymes. This is the reaction that takes place.

\[
\text{protein} + H_2O \xrightarrow{\text{pepsin}} \text{peptides}
\]

• HCl gives stomach a pH of ~3. Highly corrosive. This kills bacteria in food and helps break it down
• Why doesn’t the stomach digest itself? This is because its inner wall is protected by a thick layer of MUCUS secreted by mucosal cells. 
  - If HCl does penetrate, pepsin starts to digest the stomach lining ---> forms an ULCER (an open sore on the wall of the stomach). Too much gastric juice can cause ulcers, as can too much nervous stimulation (i.e. stress), since this will cause over-secretion of gastric juices).
  - however, the #1 cause of ulcers is actually a bacterial infections (Helicobacter pylori) that impair the ability of cells to produce mucus. Thus, most ulcers can now be cured with antibiotics.
• after 2 - 6 hours (depending on the type of food), the food has been turned into a semi-liquid food mass called ACID CHYME, and the stomach empties into the first part of the small intestine (called the duodenum). This emptying is controlled by the PYLORIC SPHINCTER at the bottom of the stomach.

Small Intestine: The Food Processor

• In our story, only some digestion has thus far taken place. Most of digestion and absorption of most nutrients occur in the small intestine.
• Divided into three zones: the DUODENUM, JEJUNUM, and ILIUM.
• is about 6 meters long (~20 feet), compared to 1.5 m (~ 5 feet) for large intestine.
• first 25 cm of small intestine called the DUODENUM. The duodenum plays a major role in digestion. It is here that SECRETIONS SENT FROM THE LIVER AND PANCREAS break down fat and peptides, and secretions of the duodenum itself also break down other nutrients.
• the Liver produces BILE, which is sent to the duodenum via a duct from the GALL BLADDER (where bile is stored).
• bile is a thick green liquid (it gets its green colour from byproducts of hemoglobin breakdown (another function of the liver).
• bile contains emulsifying agents called BILE SALTS which break FAT into FAT DROPLETS.
- **PANCREAS** sends **pancreatic juice** into duodenum through duct
- the juice contains enzymes and **sodium bicarbonate** (NaHCO₃)
- NaHCO₃ makes the juice highly alkaline (pH ~ 8.5). It neutralizes the acid chyme and make the small intestine pH basic
- pancreatic juice contains **hydrolytic enzymes** including **pancreatic amylase** (digests starch to maltose), **trypsin** (digests protein to peptides), and **lipase** (digests fat droplets to glycerol & fatty acids).
- Note: the pancreas also has an **endocrine function**. It produces the hormones **INSULIN** and **glucagon**. Insulin is a hormone that causes glucose in the blood to be taken up by cells (i.e. lowers blood [glucose]). It is produced by different cells (β cells in “islets of Langerhans”) in the pancreas than the ones that make pancreatic juice. Insulin is released directly into the blood, and it travels to target cells throughout the body. People who don’t produce insulin or enough insulin, or who lack insulin receptors on target cells, will suffer from **diabetes**. Glucagon works opposite to insulin: Glucagon has the effect of raising blood glucose concentrations.
- **walls of the duodenum and small intestine** are lined with millions of **INTERSTITIAL GLANDS** that produce juices containing enzymes that finish the digestion of protein and starch.
- secretions from the interstitial glands contain digestive enzymes: **peptidases** digest peptides to amino acids. also, **maltase** digests maltose (a disaccharide) to glucose. Other enzymes made here digest other disaccharides (e.g. lactase digests lactose, the sugar in milk).
- The lining of the small intestine is not smooth; it is long and convoluted.
- bile (bile is an emulsifying agent, not an enzyme) sent from the **gall bladder** to the duodenum emulsifies fat to fat droplets in the duodenum.
- secretions from **pancreas** arrive at the duodenum. These secretions contain trypsin, which breaks down proteins to peptides in the duodenum. Lipase from the pancreas breaks lipids to glycerol and fatty acids.

**Comprehensive Summary of DIGESTIVE ENZYMES**
- the breakdown of food (fats, carbohydrates, proteins) into molecules small enough to be absorbed requires the action of specific enzymes
- each enzyme has **specific site** where it works, and a **specific pH** range in which it can operate
- all are **hydrolytic enzymes** that catalyze a reaction of the substrate with water.
  
  e.g. 
  
<table>
<thead>
<tr>
<th>Peptides + H₂O</th>
<th>Peptidases</th>
<th>Amino acids</th>
</tr>
</thead>
<tbody>
<tr>
<td>small intestine</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The convoluted lining itself, under closer examination, is shown to consist of millions of finger-like projections called villi (singular = villus)

Lining of each villus made of columnar epithelial cells, that have microvilli (folds of cell membrane) across which nutrients are absorbed.
### The Principal Digestive Enzymes!

<table>
<thead>
<tr>
<th>Source &amp; Enzyme</th>
<th>Substrate (what they act on!)</th>
<th>preferred pH</th>
<th>Product</th>
<th>Site of Action (Where they work)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SALIVARY GLANDS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salivary Amylase</td>
<td>Starches</td>
<td>neutral (~7)</td>
<td>maltose</td>
<td>Mouth</td>
</tr>
<tr>
<td><strong>STOMACH</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pepsin</td>
<td>Proteins</td>
<td>acidic (3)</td>
<td>peptides</td>
<td>Stomach</td>
</tr>
<tr>
<td><strong>PANCREAS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pancreatic Amylase</td>
<td>Starches</td>
<td>alkaline (~7.5-8.5)</td>
<td>maltose</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Lipase</td>
<td>Fats</td>
<td>alkaline</td>
<td>FA’s &amp; glycerol</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Trypsin</td>
<td>Polypeptides</td>
<td>alkaline</td>
<td>peptides</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Chymotrypsin</td>
<td>Poly &amp; oligopeptides</td>
<td>alkaline</td>
<td>amino acids</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Carboxypeptidase</td>
<td>Polypeptides</td>
<td>alkaline</td>
<td>amino acids</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Deoxyribonuclease</td>
<td>DNA</td>
<td>alkaline</td>
<td>nucleotides</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Ribonuclease</td>
<td>RNA</td>
<td>alkaline</td>
<td>nucleotides</td>
<td>Small Intestine</td>
</tr>
<tr>
<td><strong>LIVER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bile (emulsifies)</td>
<td>Fat Globules</td>
<td>alkaline</td>
<td>smaller fat globules</td>
<td>Small Intestine</td>
</tr>
<tr>
<td><strong>SMALL INTESTINE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aminopeptidase</td>
<td>Polypeptides</td>
<td>alkaline</td>
<td>amino acids</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Tripeptidases</td>
<td>Tripeptides</td>
<td>alkaline</td>
<td>amino acids</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Dipeptidase</td>
<td>Dipeptides</td>
<td>alkaline</td>
<td>amino acids</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Maltase</td>
<td>Maltose</td>
<td>alkaline</td>
<td>glucose</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Lactase</td>
<td>Lactose</td>
<td>alkaline</td>
<td>glucose &amp; galactose</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Sucrase</td>
<td>Sucrose</td>
<td>alkaline</td>
<td>glucose &amp; fructose</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Enterokinase</td>
<td>Trypsinogen</td>
<td>alkaline</td>
<td>Trypsin</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>Phosphatases</td>
<td>Nucleotides</td>
<td>alkaline</td>
<td>sugars, bases, phosphates</td>
<td>Small Intestine</td>
</tr>
</tbody>
</table>

- **The Structure** of the small intestine is well related to its **Function** of **Absorption**.
  1. It is **LONG** with **CONVOLUTED** walls to increase surface area.
  2. Surface area further increased by presence of **finger-like projections** called **Villi** (a single one is called a “villus”). Interstitial glands are at the base of each villus.
  3. Villi themselves are lined with columnar cells coated with **Microvilli**. Each villi contains **blood vessels and lymph vessels** (lacteal).

- **Absorption** takes place across the wall of each villus --- this can happen **passively** or **actively**. Recall that active transport across cell membranes requires **ATP**. The nutrient can now enter the blood or the lymphatic system, depending on what type it is.

- **Fatty acids** and **glycerol** are absorbed across the villi, are **recombined** into **fat molecules** in the epithelial cells of the villus. The fats then move into the **LACTEAL** of each villus and enter the **LYMPHATIC SYSTEM**.

- **Sugars** and **amino acids** enter the **blood** through the capillary network.
  - The blood vessels from the villi in the small intestine merge to form the **HEPATIC PORTAL VEIN** which leads to the **Liver**.

#### The Liver
- A critically important organ in digestion & homeostasis
FUNCTIONS OF THE LIVER

1. keeps blood concentrations of nutrients, hormones etc. **constant** (e.g. converts glucose to glycogen and back to keep blood glucose levels constant).
2. **Interconversions of nutrients** (e.g. carbohydrates to fats, amino acids to carbohydrates and fats).
3. removes toxins from the blood (**detoxifies**). Removes of unwanted particulate matter from the blood through the mediation of macrophages.
4. Production of **Bile.** Up to 1.5 liters of bile per day!
5. **Destroys old red blood cells.**
6. **Production of urea,** (deamination of amino acids and excretion of resulting ammonia as urea, uric acid, etc.)
7. **Manufacture of plasma proteins** such as fibrinogen and albumin.
8. **Manufacture of cholesterol.**
9. **Storage of iron.**
10. **Storage of vitamins.**
11. In embryos (of vertebrates), the liver **makes Red Blood Cells**

Disorders of Liver (not on exam!)

- **Jaundice:** a **generalized condition** (there are numerous causes) many causes that gives a **yellowish tint** to the skin. This yellowish tint is due to the to build up of **BILIRUBIN** (from the breakdown of red blood cells) in the blood, which is due to **liver damage** or **blockage of bile duct** (the latter is called **"obstructive jaundice"**).
- Obstructive jaundice also causes **GALLSTONES** (made of cholesterol and CaCO₃. Can block bile ducts. Removal of gall bladder often necessary.
- **Viral Hepatitis:** causes liver damage and jaundice. Two main types.
  - **Type A:** **infectious hepatitis** caused by unsanitary food, polluted shellfish.
  - **Type B:** **serum hepatitis:** spread through blood contact (e.g. transfusions)
- **CIRRHOSIS:** usually caused by **chronic over-consumption of alcohol.**

  - Liver fills up with fat deposits and scar tissue
  - Kills thousands of alcoholics per year
  - first step may be the presence of much more smooth **endoplasmic reticulum** in the liver cells.

Large Intestine

- consists of **COLON** and **RECTUM** (the rectum is the last 20 cm of the colon). Opening of rectum is called **ANUS.**
- colon has 3 parts (ascending, transverse, and descending)

**Main Functions**

- **REABSORPTION OF WATER** from indigestible food matter (feces)
- **absorption of certain vitamins**
- feces also contains bile pigments, heavy metals, and billions of **E. coli.** While there is no question that they are parasites, they provide a valuable service for us. These bacteria break down some indigestible food, and in the process produce some **vitamins, amino acids, and other growth factors** that are in turn absorbed by the colon.

Disorders of the Digestive System (not on exam!)

Raycroft
**Diarrhea**
- too much water is expelled in the feces.
- usually caused by infection (in food, polluted water etc.) or stress.
- the symptom is actually a body defense against pathogen (an attempt to “flush it out”)
- loss of water can lead to severe dehydration. Causes millions of deaths per year in Third World nations

**Constipation**
- feces are dry, hard, difficult to expel.
- Leading cause is lack of dietary fiber. Diet can be supplemented by fiber or natural fiber supplements (e.g. Psyllium husks). Most chemical laxatives are irritants -- cause increased peristalsis. They may also weaken intestinal wall such that their continued use is perpetuated (i.e. you may grow to “depend” on them.)

**Appendicitis**
- a vestigial structure located at bottom of cecum (segment joining large & small intestines). No known function, but can get infected, and even burst -- can be deadly as it would fill the abdominal cavity with infections bacteria.

**Colostomy**
- removal of rectum and anal canal
- intestine attached to abdominal wall, feces collect in plastic bag

---

**Control of Digestive Gland Secretion**

- generally speaking, the presence of food in digestive system triggers digestive glands to secrete their enzymes.
- more specifically, HORMONES control secretion of specific digestive juices.
- There are 4 hormones that we will look at: gastrin, secretin, CCK, and GIP.

**The Specifics! From start to finish**

- When food is eaten, sensory cells in the stomach detect the presence of peptides. Other sensory receptors detect that the stomach is distending (i.e. stretching). This causes other stomach cells to release GASTRIN, a hormone, into the blood.
- Gastrin travels through the blood and finally reaches other cells (takes about 1 minute) in the stomach that produce gastric juices, and stimulates its release.
- Most digestion of food occurs in the duodenum. The acid chyme seeps in from the stomach and is first neutralized. SECRETIN, a hormone produced by the small intestine, mediates this neutralization by stimulating the release of SODIUM BICARBONATE by the pancreas.
- The presence of **amino acids** or **fatty acids** in the duodenum triggers the release of **CHOLECYSTOKININ (CCK)**, which stimulates the release of **digestive enzymes by the pancreas** and **bile** by the **gallbladder**.
- A fourth hormone, **ENTEROGASTRONE** (also known as Gastric Inhibitory Peptide, or **GIP**), released by the small intestine, slows digestion by inhibiting stomach peristalsis and acid secretion when acid chyme rich in **fats** (which require additional digestion time) enters the duodenum.

Here is a great lil’ summary for you!

<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>GASTRIN</td>
<td>upper part of stomach/in response to protein in the stomach</td>
<td>Gastric juice secreting cells at top of stomach</td>
<td>Causes secretion of gastric juices</td>
</tr>
<tr>
<td>SECRETIN</td>
<td>Small intestine/acid chyme from stomach</td>
<td>Pancreas</td>
<td>Causes pancreas to release NaHCO3 and pancreatic enzymes</td>
</tr>
<tr>
<td>CCK</td>
<td>Small intestine/acid chyme in stomach</td>
<td>Pancreas and Liver (gallbladder)</td>
<td>Causes liver to secrete bile and pancreas to secrete pancreatic juice.</td>
</tr>
<tr>
<td>GIP</td>
<td>Small intestine/acid chyme rich in fats enter duodenum</td>
<td>Stomach</td>
<td>Inhibits stomach peristalsis and acid secretion (opposes gastrin)</td>
</tr>
</tbody>
</table>

**Human Nutrition: You are what you don’t eliminate!**

**Main Classes of Nutrients**
- carbohydrates
- proteins
- lipids
- vitamins & minerals

**Carbohydrates**
- primary source of **energy**
- diet should **consist primarily of complex carbohydrates** (not refined sugars)
- carbohydrates are digested eventually to **glucose**, which is stored by liver as **glycogen**
- glucose is only fuel **brain** will use

**Fats**
- most fats can be made by **liver** (linoleic acid is an exception)
- fats in food are mostly found in **animal products** (meat and dairy). These are especially high in **saturated fats**. (saturated fats tend to be solid at room temp.)
- **high fat and protein diets are number one cause of death in North America** (heart disease, strokes, hypertension, many forms of cancer, many other disorders and diseases).
- You should get about **15%** of your calories from fat. Most Americans and Canadians get between **40** and **60%** of their calories from fat!
- **high in calories** (> twice as many per gram (9.1) as carbohydrates or protein (4.4.))

**Proteins**
- protein is necessary for tissues, metabolism, enzymes etc.
  - it is **NOT** an energy food
- of twenty types of amino acids, 8 cannot be manufactured by humans —- called **essential amino acids**.
- **protein deficiency** is the most common form of malnutrition in **poorer countries**. The swollen abdomen of starving children is caused by **edema** due to the lack of plasma proteins in the blood.
- protein deficiency is **not** a problem in North America.
- most North Americans eat **more than 2 to 3 times** the amount of protein they need.
- **high protein diets are usually also high fat diets.**

**Vitamins and Minerals**
• vitamins are organic compounds that the body can't produce but must be present in the diet (though they are only required in very small amounts). **Lack of any one vitamin can cause serious health disorders.**

• **Vitamin D**: deficiency leads to rickets (bowing of legs). Manufactured naturally by skin upon exposure to sun.

• **Vitamin C**: deficiency leads to scurvy

• **Riboflavin**: deficiency causes fissures of lips (*cheilosis*)

• **Niacin**: deficiency causes dermatitis of areas of skin exposed to light (called *pellagra*)

• many vitamins are coenzymes. e.g. *Niacin*: coenzyme of NAD. *Riboflavin*: coenzyme of FAD.

• **best source** of vitamins is **fresh fruits and vegetables** in a balanced diet.

• Vitamin supplements, in moderation, have not been clearly established as being either harmful or significantly beneficial.

• Some advocates of mega-vitamin therapy have reported efficacy of Vitamin C (as well as certain other vitamins) as effective in treating everything from cancer to mental illness.

• **Mega-doses of fat-soluble vitamins** (e.g. Vitamin A) should never be taken ----> dangerous levels can build up in body.

• Here is a summary of the important vitamins in human nutrition:

<table>
<thead>
<tr>
<th>Name, Formula, and Solubility</th>
<th>Important Sources</th>
<th>Functions</th>
<th>Result of Deficiency or Absence (in humans, except as noted)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LIPID-SOLUBLE VITAMINS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A (C20H30O), antixerophthalmic</td>
<td>Plant form (carotene, C20H30O) in green leaves, carrots, etc.; is changed in liver to animal form (C20H30O), present in fish-liver oil (shark); both forms in butter, milk</td>
<td>Maintains integrity of epithelial tissues, especially mucous membranes; needed as part of visual purple in retina of eye</td>
<td>Xerophthalmia (dry cornea, or tear secretion), night blindness, growth retardation, nutritional group (harnessess) in birds</td>
</tr>
<tr>
<td>D (C28H44O), antipellagric</td>
<td>Fish-liver oils, especially tuna, less in cold; beef fat; also exposure of skin to ultraviolet radiation</td>
<td>Regulates metabolism of calcium and phosphorus; promotes absorption of calcium in intestine; needed for normal growth and mineralization of bones</td>
<td>Rickets in young (bones soft, yielding, often deformed); osteomalacia (soft bones), especially in women of Asia</td>
</tr>
<tr>
<td>E, or tocopherol (C29H50O2),</td>
<td>Green leaves, wheat germ oil and other vegetable fats, meat, milk</td>
<td>Antioxidative; maintains integrity of membranes</td>
<td>Sterility in male fowls and rats, degeneration of testes with failure of spermatogenesis, embryonic growth disturbances, sucking paralysis and muscular dystrophy in young animals</td>
</tr>
<tr>
<td>antisterility</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>K (C31H48O2), antinémorrhagic</td>
<td>Green leaves, also certain bacteria, such as those of intestinal flora</td>
<td>Essential to production of prothrombin in liver, necessary for blood clotting</td>
<td>Blood fails to clot</td>
</tr>
<tr>
<td><strong>WATER-SOLUBLE VITAMINS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B complex (Thiamine (B1)</td>
<td>Yeast, germ of cereals, (especially wheat, peanuts, other leguminous seeds), roots, egg yolk, liver, lean meat</td>
<td>Needed for carbohydrate metabolism; thiamine pyrophosphate, an essential coenzyme in pyruvate metabolism (stimulates root growth in plants)</td>
<td>On diet high in polished rice, beriberi (nerve inflammation); loss of appetite, with loss of tone and reduced motility in digestive tract; cessation of growth; polyneuritis (nerve inflammation) in birds</td>
</tr>
<tr>
<td>(C2H7ON4S), antineuritic</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Riboflavin (B2) (C2H5NO2)</td>
<td>Green leaves, milk, eggs, liver, yeast</td>
<td>Essential for growth; forms prosthetic group of FAD enzymes concerned with intermediate metabolism of food and electron transport system</td>
<td>Cheilosis (inflammation and cracking at corners of mouth), digestive disturbances, “yellow liver” of dogs, curred-lope paralysis of chicks, calcaract</td>
</tr>
<tr>
<td>Nicotinic acid, or niacin (C6H4N2O) (B3) (nicotinic acid)</td>
<td>Green leaves, wheat germ, egg yolk, meat, liver, yeast</td>
<td>Forms active group of nicotinamide adenine dinucleotide, which functions in dehydrogenation reactions</td>
<td>Pellagra in humans and monkeys, swine pellagra in pigs, blacktongue in dogs, perosis in birds</td>
</tr>
<tr>
<td>Folic acid (C15H14N4O4)</td>
<td>Green leaves, liver, soybeans, yeast, egg yolk</td>
<td>Essential for growth and formation of blood cells; coenzyme involved in transfer of single-carbon units in metabolism</td>
<td>Anemia, hemorrhage from kidneys, and prone to (defective intestinal absorption) in humans; nutritional cytopenia (reduction in cellular elements of blood) in monkeys; slow growth and anemia in chicks and rats</td>
</tr>
<tr>
<td>Pyridoxine (B6) (C9H12O2N)</td>
<td>Yeast, cereal grains, meat, eggs, milk, liver</td>
<td>Present in tissues as pyridoxal phosphate, which serves as coenzyme in transamination and decarboxylation of amino acids</td>
<td>Anemia in dogs and pigs; dermatitis in rats; paralysis (and death) in pigs, rats, and chicks; growth retardation</td>
</tr>
<tr>
<td>Pantothenic acid (C9H17O2N2)</td>
<td>Yeast, cane molasses, peanuts, egg yolks, milk, liver</td>
<td>Forms coenzyme A, which catalyzes transfer of various carboxylated groups and functions in carbohydrate and lipid metabolism</td>
<td>Dermatitis in chicks and rats, graying of fur in black rats, “goose-stepping” and nerve degeneration in pigs</td>
</tr>
<tr>
<td>Bilatin (vitamin H) (C21H19O9N2S)</td>
<td>Yeast, cereal grains, cane molasses, egg yolk, liver, vegetables, fresh fruits</td>
<td>Essential for growth; functions in CO2 fixation and fatty acid oxidation and synthesis</td>
<td>Dermatitis with thickening of skin in rats and chicks, perosis in birds</td>
</tr>
<tr>
<td>Cyanocobalamin (B12) (C33H50N4O14PCo)</td>
<td>Liver, fish, meat, milk, egg yolk, oysters, bacteria and fermentations of Streptomyces; synthesized only by bacteria</td>
<td>Formation of blood cells; growth; coenzyme involved in transfer of methyl groups and in nucleic acid metabolism</td>
<td>Pernicious anemia, slow growth in young animals; wasting disease in ruminants</td>
</tr>
<tr>
<td>C, or ascorbic acid (C6H8O6)</td>
<td>Citrus fruits, tomatoes, vegetables; also produced by animals (except primates and guinea pigs)</td>
<td>Maintains integrity of capillary walls; involved in formation of “intercellular cement”</td>
<td>Scurvy (bleeding in mucous membranes, under skin, and into joints) in humans and guinea pigs</td>
</tr>
</tbody>
</table>

Certain **MINERALS** are also needed by the body.

1. **MACRONUTRIENTS**: gram amounts needed daily. Na, Mg, P, Cl, K, Ca. Have generalized important uses.

• e.g. Calcium makes up structural component of important tissues (e.g. bone, cartilage), and is also a necessary ion for the transmission of nerve impulses across synapses and the initiation of muscle contraction.
2. **MICRONUTRIENTS**: ("trace elements"). Minute amounts (micrograms) needed. Very specific. e.g. Fe (for hemoglobin), Iodine (for the hormone thyroxin), molybdenum (required for vitamin B<sub>12</sub>), selenium, chromium, nickel, vanadium, silicon, arsenic, cobalt.

**DIETING**

- **Reducing the amount of caloric intake** and/or increasing the amount of exercise will eventually result in weight loss. Best way to do this is to reduce your FAT intake, while doing some sort of aerobic exercise three times per week.
- There are **individual differences** that must also be accounted for when considering weight loss.
- An individual’s **basal metabolic rate (BMR)** is the amount of calories (1 C is the amount of heat needed to raise the temp of 1 kg of water one centigrade degree) the are needed to maintain his or her body at rest (this # is affected by age, weight, health etc.).
- The recommended daily intake of calories for a **woman 19 - 22** whose height is 5’4” and who is basically sedentary (only light exercise) is 2,100 C.
- For a **man 19 - 22**, height 5’10”, the recommended number of calories is **2,900**. Of course both of these figures are only average estimates, and will go up if the person is more active.
- Below is a table of the number of calories utilized by various activities.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories Burned per hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>sitting at rest</td>
<td>100</td>
</tr>
<tr>
<td>dressing and undressing</td>
<td>118</td>
</tr>
<tr>
<td>slow walking</td>
<td>200</td>
</tr>
<tr>
<td>vigorous exercise</td>
<td>450</td>
</tr>
<tr>
<td>swimming</td>
<td>500</td>
</tr>
<tr>
<td>jogging</td>
<td>570</td>
</tr>
<tr>
<td>walking briskly up stairs</td>
<td>1100</td>
</tr>
</tbody>
</table>