Community medicine

\* The nutrients and this metabolism :

-Metabolism : ingestion, digestion, absorption, distribution and excretion

Why we need nutrients :

1. Catalysis -> coenzymes

2. Production of ATP

3. building

-Essential = vital

-The first nutrient to enter blood stream is glucose

-Mono unsaturated fat: olive oil (linolenic = omega 3)

Omega 3 : double bond starting from the third carbon

.. 1. Protects the heart. 2. Anti inflammatory

- Amino acids : newborns -> 10 a. a.

Adults -> 9 a. a.

\* Dietary guidelines -> to stay healthy

- Eat a variety of foods, 2-3 portions of all categories but 6 of bread and cereal

\* Body mass index (BMI) : to determine whether the body is fat or not

BMI = weight (kg) / height^2 (m^2)

< 18.5: underweight, 18.5-28: normal weight, 28-30: overweight (not obese yet, beginning to become fat), >30: obese.

- foods rich in cholesterol :

1. Brain of sheep -> نخاعات) 6000(

2. Shrimp

3. Egg

- 30% fat:

10% unsaturated (olive oil)

10% saturated (butter)

10% polyunsaturated

- in prudent diet: less unsaturated (~7%)

-25-30 g fibers from vegetables

"لا تكثر من الابيضين : الملح والسكر" ^\_^

\* Nutritional assessment : to evaluate the health condition

- Historical data: food questioning

- Anthropometric measurements -> قياسات عند الإنسان -> to determine BMI (indicator of obesity)

- Sweetness of glucose =74 (don't memorise other numbers)

\* GI transit time -> less intact with intestines walls, so if there's a toxin it will be eliminated -> anticarcinogenicمضاد للسرطان

\* We prefer low glysemic index foods ->like potato (complex)

- Simple sugar -> High glysemic index

-

7g alcohol

4g carbohydrates. When fully burnt inside the body

4g protein

9g fat

\* Polyunsaturated -> linoleic -> زيت النبات

\*Cis, trans.

- H-bonds 1. opposite side in trans. Related to double bond

2. On the same side in cis

- Trans: hydrogenation, like margarine (butter) harmful

- Reuse of oil in fried food-> trans formation -> cancer

^\_^ forgive me for any mistakes