Maintaining a Healthy Digestive System
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The Digestive System

- Mouth
- Esophagus
- Liver
- Gall Bladder
- Stomach
- Pancreas
- Small Intestine
- Large Intestine

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Why is Digestion Important?

Process
- Food and drink is broken down
- Body uses them to build and nourish cells
- Provide energy

Digestive System
This video describes the whole function of the digestive system in our body.
http://youtu.be/Z7xKYNz9ASo
# The Three Functions of Nutrients

<table>
<thead>
<tr>
<th>Provide Energy</th>
<th>Promote Growth and Development</th>
<th>Regulate Body Functions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>Proteins</td>
<td>Proteins</td>
</tr>
<tr>
<td>Proteins</td>
<td>Lipids</td>
<td>Lipids</td>
</tr>
<tr>
<td>Lipids (fats and oils)</td>
<td>Vitamins</td>
<td>Vitamins</td>
</tr>
<tr>
<td></td>
<td>Minerals</td>
<td>Minerals</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Water</td>
</tr>
</tbody>
</table>
• **Your body uses energy for:**
  - Automatic processes and
  - Physical activities

• **BMI Calculator >> BMR Formula**
Tips

• Make at least half your grains whole grains.
• Vary your veggies
• Focus on fruits
• Get your calcium rich foods
• Go lean with protein
  ○ Visit http://www.choosemyplate.gov for more:

• Healthy Eating Tips
  ○ Starting Points
  ○ Your food and physical activity choices each day affect your health — how you feel today, tomorrow, and in the future.
    http://www.choosemyplate.gov/healthy-eating-tips.html
References/Resources

Textbook:

Websites:
- National Digestive Diseases Information Clearinghouse - Your Digestive System and How it Works
- Calculates the basal metabolic rate
- Frequently asked questions on Nutrition A to Z
  - [http://www.faqs.org/nutrition/Met-Obe/Nutrients.html](http://www.faqs.org/nutrition/Met-Obe/Nutrients.html)

YouTube:
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