



Metabolism and Nutrition

Metabolism, Nutrition, and Homeostasis

Metabolic reactions contribute to homeostasis by harvesting chemical energy from consumed nutrients for use in the body's growth, repair, and normal functioning.

The food we eat is our only source of energy for running, walking, and even breathing. Many molecules needed to maintain cells and tissues can be made from simpler precursors by the body's metabolic reactions; others—the essential amino acids, essential fatty acids, vitamins, and minerals—must be obtained from our food. As you learned in Chapter 24, carbohydrates, lipids, and proteins in food are digested by enzymes and absorbed in the gastrointestinal tract. The products of digestion that reach body cells are monosaccharides, fatty acids, glycerol, monoglycerides, and amino acids. Some minerals and many vitamins are part of enzyme systems that catalyze the breakdown and synthesis of carbohydrates, lipids, and proteins. Food molecules absorbed by the gastrointestinal (GI) tract have three main fates:

1. Most food molecules are used to supply energy for sustaining life processes, such as active transport, DNA replication, protein synthesis, muscle contraction, maintenance of body temperature, and mitosis.
2. Some food molecules serve as building blocks for the synthesis of more complex structural or functional molecules, such as muscle proteins, hormones, and enzymes.
3. Other food molecules are stored for future use. For example, glycogen is stored in liver cells, and triglycerides are stored in adipose cells.

In this chapter we discuss how metabolic reactions harvest the chemical energy stored in foods; how each group of food molecules contributes to the body's growth, repair, and energy needs; how energy balance is maintained in the body; and how body temperature is regulated. Finally, we explore some aspects of nutrition to discover why you should opt for fish instead of a burger the next time you eat out.

Q Did you ever wonder how fasting and starvation affect the body?

Chapter 25 Metabolism And Nutrition

K Morrison



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Lue,Melissa Michael,Andrew Berry,Andrew Biewener,Brian Farrell,N. Michele Holbrook,Jean Heitz,2019-02-05 BIOLOGY
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