

# NUTRIENT ABSORPTION IN DIGESTIVE TRACT

Digestion involves the entire body, seven core organs drive the human digestive system



## Mouth and Salivary Glands

Esophagus

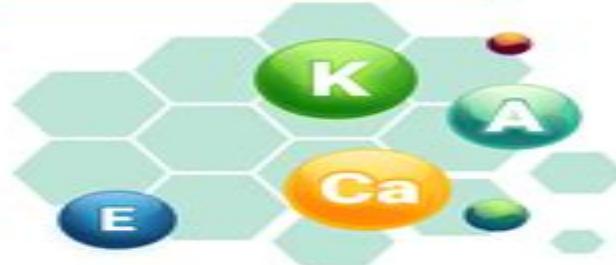
Liver

Stomach

Pancreas

## Small and Large Intestines

Rectum



## Hunger Signals

- The Ghrelin hormone triggers hunger when the stomach is empty
- Low blood sugar levels also stimulate hunger.
- Emotional factors like stress or boredom contribute to overeating.

## Saliva's Role

- Saliva, containing digestive enzymes like amylase, initiates the breakdown of carbs
- Softens and lubricates food for easier swallowing
- Enhances taste perception

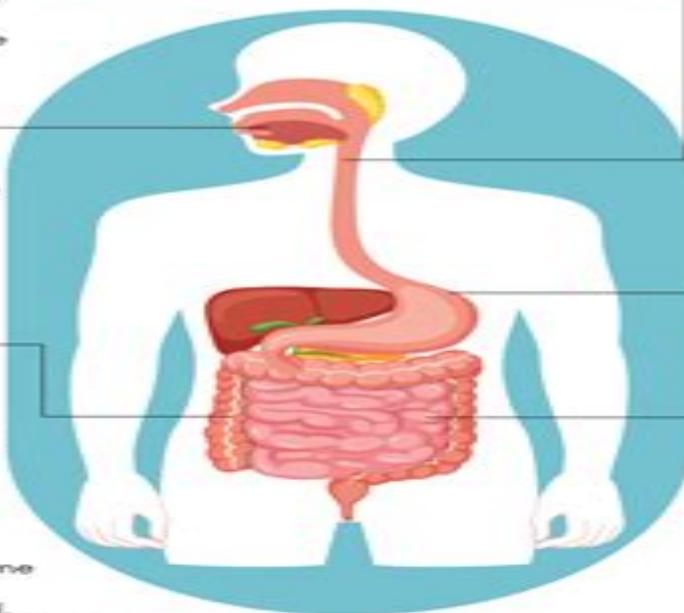
## Large Intestine

- Billions of bacteria aid in vitamin production, fibre decomposition, and immunity.
- Water is extracted from chyme, and waste moves to the rectum.

## Nutrient Absorption

- Carbs become sugars, proteins become amino acids, and fats become fatty acids and glycerol.
- Vitamins and minerals are absorbed.
- Nutrients enter the bloodstream for distribution.

## The Digestive Journey



## Passage to the Stomach

- Well-chewed food enters the stomach via the esophagus through peristalsis.
- The oesophageal sphincter prevents food and acid reflux.

## Stomach Digestion

- Gastric glands secrete mucus to protect the stomach lining from gastric acid.
- Gastric juice with hydrochloric acid, pepsin, and lipase breaks down food.
- Churning transforms 'bolus' into 'chyme,' ready for the small intestine.

## Small Intestine

- Pyloric sphincter regulates food entry into the small intestine.
- Pancreas releases enzymes, while the liver secretes bile to break down fats.
- Villi and microvilli increase the surface area for nutrient absorption



## QUICK TIPS!

### For Optimal Digestion

-  Chew food thoroughly (32-40 times) to aid digestion.
-  Maintain a balanced, colourful diet rich in fruits, veggies, and fibre.
-  Regular exercise, yoga, mindfulness, and meditation promote digestion.

-  Stay hydrated but refrain from drinking during or immediately after meals.
-  Eat mindfully, without haste.
-  Avoid overeating

# Notes Nutrition And Digestion

**Frederick John Warth**



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- Chapter 5: Conclusion

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