

NUTRIENT ABSORPTION IN DIGESTIVE TRACT

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



Mouth and Salivary Glands

Esophagus

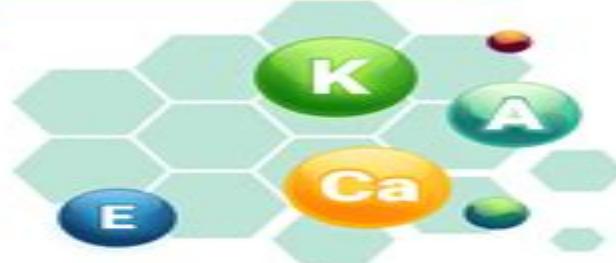
Liver

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

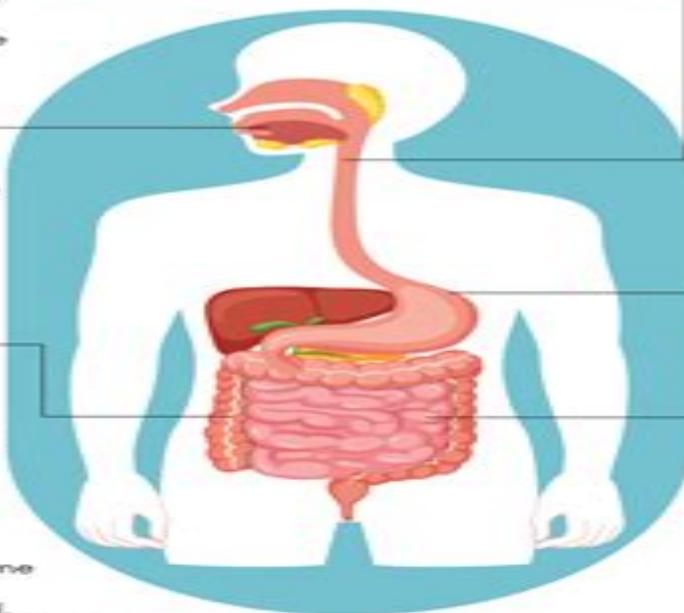
Large Intestine

- 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

Thomas Griffiths



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