

Nutrition — Different types

There are six nutrients that the human body needs to survive and function properly. The definition of a nutrient is a substance that you must ingest to sustain life. They are nutrients that you **NEED**. It is not an option. The nutrients are:

Proteins

Proteins are the building blocks of all tissue in the body. Without protein you would not be able to grow hair, grow nails, replace dead cells, or build lean muscle. Proteins are made up of 22 amino acids. Amino acids are assembled by your body. This is called protein synthesis. This is the process that builds lean muscle. Remember, lean muscle is a metabolically active tissue that burns away fat cells. It is essential to weight loss and fitness. It is also what gives you those shapely arms and legs. Your protein intake must be sufficient. It is possible to eat too much protein so be careful. More protein (than your body can process) does not mean more muscle. Protein cannot be stored by your body for future use. Although it varies person to person, a good rule of thumb is two grams of protein per kilo of body weight a day is required.

The source of protein for humans is from animal or vegetables. The human body's digestive system is designed to handle animal protein better than vegetable protein. In order for humans to benefit from vegetable proteins it has to be consumed along with saturated animal fat; otherwise the take-up will be poor. Further, the structure of the protein will determine its quality and usefulness as nutrition.

Carbohydrates

Carbohydrates (carbs) are a very controversial nutrient these days. Many people believe that they are the lone culprit behind our obesity epidemic.

The reality is that some carbs are bad and some are absolutely essential. Carbs provide our bodies with the energy it needs to complete day-to-day tasks, especially if you are involved in an exercise program.

Simple carbs, the refined carbs (white bread, white rice, rava) and almost any food you find in a box (crackers, biscuits), are the bad ones. They are converted into sugar once inside the body and are released very quickly into the blood stream. The result is a large release of insulin from the pancreas, which ends in fat storage.

Complex carbs are good carbs, and are your body's preferred energy source. They include slow releasing carbs such as brown rice, whole wheat bread, oatmeal, tomatoes, raggi, beans, and sweet potatoes. If you cut these out of your diet you will have low energy levels all days long. Also, your body still needs the energy so it will go to the muscle, steal the glycogen stores, and burn them off. You are once again burning away muscle.

Fats

While carbs may be the most controversial nutrient, Fats remain the most misunderstood.

We have been programmed to think that all fats are bad and we should run away as quickly as we can. Fats are equated with cholesterol and cholesterol with diseases especially heart diseases. In all this confusion the import role of cholesterol in the human system as designed by God or evolution is completely forgotten. The drug companies and the main stream medical professionals are laughing all the way to the bank. The general public is being taken for a big ride. This easily qualifies as the medical scam of the 20th century.

Another myth surrounding fat is that you will become obese if you consume fat. The truth is that you will loose weight if you consume natural fat which the body requires and utilizes completely. On the other hand, the commercial commodity which is highly processed and

contains harmful additives to increase its shelf life can positively harm you in more ways than you can imagine.

Yet another myth is that fat clogs the arteries and causes vascular diseases. This is another disinformation created by the vested interests. The truth is far removed.

The fact of the matter is, WE NEED FAT. Fat is a nutrient that is responsible for cushioning and protecting internal organs, and also plays a role in brain function, sexual performance, and cell metabolism. Without fat the body cannot take-up vitamins and minerals and utilizes them properly. Many of the hundreds of hormones cannot be manufactured by the body without this vital ingredient.

There are no 'good fats' and 'bad fats'. The all type of fats provided by nature is good fats and is required by the human body. What we can definitely call BAD fats are the man made Trans fats. These are extremely inimical to the human system and must be avoided at all cost.

The body requires the entire spectrum of fats to perform different functions. Depriving the body of different types of fats because of some foolish notions propagated by vested interests has become fashionable. This has lead to a lot of diseases. Fats should make up 15-20% of your daily caloric intake out of which 'Saturated fats' should constitute atleast one third of the total fats consumed daily.

Vitamins and Minerals

Vitamins and Minerals are extremely important to your health. They boost your immune system; they play a role in tissue repair, assist neuro functions and allow all bodily systems to work continuously from birth to death. They are the keys to good health. It is the deficiency of these that bring about autoimmune diseases among others, which is the scourge of this century.

Vitamins are divided into two types—fat soluble and water soluble. While fat soluble vitamins can be stored by the body over long periods, the water soluble variety has a shorter life and will have to be replaced frequently.

While the human body CAN produce some vitamins in house, it CANNOT produce minerals, for which it is totally dependant on outside source.

Vitamins and minerals are best obtained through natural food such as fruits, nuts, vegetables and animal organs. It is virtually impossible to over dose or abuse and get into trouble.

Synthetic versions are not very effectively absorbed by the body and in most case they are a shear waste of money. The chance of overdose or abuse is also very high leading to negative results at least and in some cases serious consequences.

Water

Our bodies are made up of 75% water. Water plays a vital role in your health. Water is essential to stay properly hydrated so that cells can function properly. In the human body there is inter-cellular and intra-cellular water. It not only cools the system, it maintains the electrolyte balance. It is used by the body to rid itself of toxic end products of the system. It is used by the body in fascinating ways. Water sustains life. The body can be deprived of food over a long period of time, but not water. There is no substitute for water. Without it we will be dead.

Only plain water will leave your cells with the proper amount of hydration. Once you introduce a new substance to water, such as tea or juice, or any other fancy additives, you change the molecular structure and it will not be as easily accepted by your cells. The average person should consume about 50ml of water per kilo of body weight per day. That quantity should be increased suitably in conditions of heavy water loss due to sweating. If you are in water such as in a swimming pool or other water bodies, there is a lot of water lost from

your body, so rehydrate at the first opportunity. Again if you consume a lot of alcoholic drinks then you are advised to rehydrate yourself at the earliest to prevent dehydration.