

Zinc and vitamin d



Discuss the nutrients Zinc and Vitamin D and the food sources. Think about why you need the nutrient and if you are likely to be getting enough.

300 words is still the minimum. Certain elements are necessary for the survival of human beings. Vitamin D and Zinc are two essential elements which are required by the human beings. Both of them have their own important functions which are necessary for the survival of the body. Zinc is a metallic element which is an essential product required by our body. It is present in some foods naturally along with certain drug supplements which contain the essential element. It is quite important in the metabolic functions of the body as it helps in improving the activity of the enzymes in the body. It is an important element for people who are undergoing growth for example children and pregnant women. It also helps in improving the immune functions of the body. The animal sources of Zinc are red meat, poultry and shellfish whereas the plant sources of Zinc are grains, nuts, seeds, legumes and rice. I think that I am getting enough of the element because my diet contains red meat and nuts almost on a daily basis. Vitamin D is also known as cholecalciferol in medical terminology. It is a fat soluble vitamin which is necessary for the absorption of calcium from the gut. Vitamin D plays an important function in maintaining the calcium and phosphorus level in the blood. It is also important in preventing diseases like rickets and osteoporosis. I need the nutrient so I can balance my intake of calcium and strengthen my bones with the right deposition of calcium. Vitamin D can be found in dairy products of cheese, butter, fortified milk and cream. It is also found in fish, cereals and margarine. I think that I get enough of Vitamin D as my daily diet contains margarine and milk.

References Guyton, Arthur C, and John E. Hall. Textbook of Medical Physiology. Philadelphia: Elsevier Saunders, 2006. Internet resource.