

Nutrition

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Zinc The appendages and the skin are rich in zinc although it is present in all other organs, fluids and tissues of the body (Bhowmik et al. 1344). It serves as a catalyst for enzyme responsible for the replication of the DNA, protein synthesis, and transcription of the gene and RNA (Bhowmik et al. 1351). At the cellular level, it is important for the survival of the cells. It is vital for a number of human functions, namely growth and development, immune and neuropsychiatric functions, bone metabolism and wound healing.

In 1994, zinc was considered an essential human nutrient by the National research Council. The council set a daily allowance of 15 milligrams oral intake for males, 19 milligrams for females and 9 milligrams for infants. Zinc is absorbed in the ileum and the jejunum where control mechanism of the body makes it complicated to take in too much of zinc. The function of zinc can be catalytically, structural or regulatory. Some enzymes in the body depend on zinc for them to catalyze important chemical reaction in the body. Finger proteins of zinc have been found to control expressions of gene from its transcription function. It has also been found that zinc influence the release of hormones and impulse transmission of the nerves. It also plays an important role in the cell membrane and protein structures in the body. Red meats like beef, shellfish and other seafoods, eggs, lamb, nuts, whole grains, yoghurt and nuts are good sources of zinc. However, one may also get zinc from supplements. Deficiency of zinc may cause delay healing in wounds, enlargement of the prostate glands, neuropsychiatric abnormalities, diarrhea and alopecia. Severe zinc deficiency may cause mood change, taste and smell dysfunction, anorexia and cognitive impairment. Infants who suffer from deficiency of zinc are irritable and hard to console.

Work cited

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Debjit Bhowmik, Chiranjib, K. P. and Sampath Kumar. " A potential medicinal importance of zinc in human health and chronic disease." International Journal of Dermatology (2009): 1342-1365.