

Nutrition questions



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Nutrition Define " nutrition" and how it influences our health. Answer:

Nutrition is defined as the amount of nourishment that is necessary to be provided to the human being for proper sustenance of the cells and the tissues within the body. It has an important influence on the health of an individual because proper nutritional requirements by means of a healthy diet which contains the right amount of proteins, carbohydrates as well as fat along with the right amount of micronutrients that is vitamins and minerals is extremely important for a well balanced diet which will provide proper nutrition to the person as well as maintain his health because imbalances in the diet with inappropriate amount of nutrients might result in health problems(Insel et al 2007 and Caldwell et al 1981).

2. Suggest the dietary amounts (in grams) of carbohydrates, proteins, and fats a person will need on a balanced diet if he/she requires 2500 kcalories per day . Explain the reasons for the values that you have chosen to use in solving this problem and show your work. Explain why this is considered a balanced diet for a normal individual.

Answer: The acceptable range of carbohydrates, proteins and fats that are allowed in the diet is 50 %, 30% and 20 % percent respectively. These values fall in the normal recommended range according to the Acceptable Macro Nutrient Distribution Ranges (AMDRs). This is considered to be a part of a normal diet because these constituents are all present in the right amounts which are necessary to be consumed by an individual (Insel et al 2007 and Caldwell et al 1981).

Carbohydrates = $50/100 * 2500 = 1250$ calories required from carbohydrates

At the rate of 4 calories per gram: $1250/4 = 312.5$ grams of carbohydrates

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Proteins= $30/100 \times 2500 = 750$ calories required from proteins

At the rate of 4 calories per gram from proteins: $750/4 = 187.5$ grams of proteins

Fats= $20/100 \times 2500 = 500$ calories required from fats

At the rate of 9 calories per gram from fats: $500/9 = 55.6$ grams of fats

Works Cited

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Caldwell, MD, and C Kennedy-Caldwell. " Normal Nutritional Requirements." The Surgical Clinics of North America. 61. 3 (1981): 489-507. Print.

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Insel, Paul M, R E. Turner, and Don Ross. Nutrition. Sudbury, Mass: Jones and Bartlett Publishers, 2007. Print.

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