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*Perspective*

## Essential nutrients in human body

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### DESCRIPTION

The Nutrition Source provides evidence-based diet and nutrition information for clinicians, health professionals and the public. This is why eating and taking in the nutrients that provide energy and become the components of our bodily structures is essential to for sustaining human life. The compounds in food that provide living beings with energy are the nutrients, help to carry out different life processes and also facilitates to endure for growth and repair. There are various factors that nutrients are influenced of that may be stage of growth and factor of age activities. Whereas energy are not provided by all nutrients but they are necessary to the living body in some form or the other. These nutrients are divided into two categories macronutrients, which are required by the body in large amounts and micronutrients, which are required by the body in small amounts. No living beings exist without nutrients.

#### Macronutrients

The macronutrients are carbohydrates, fat, and protein. They are the nutrients that you consume the most. "Macronutrients are the nutritional components of food that the body need for energy and to keep its structure and functions in good working order".

#### Micronutrients

Micronutrients are vitamins and minerals that the human body need in very small amounts. However, they have a significant impact on a person's health, and a lack of any of them can result in serious and even life-threatening illnesses. From the environment also this nutrients can be obtained.

**Important nutrients in food:** Each and every food consists of some or other type of nutrients but body of living being doesn't synthesize several nutrients and have to be taken externally through food. Whereas these nutrients are necessary for the proper functioning of the body. The important nutrients and their

functions are mentioned below:

**Carbohydrates:** The main sources of energy for human beings are carbohydrates. It comprises of three types of carbohydrates and they include starch, fiber, and sugar. They are usually with low calories and thus help in maintaining a healthy diet.

**Calcium:** This is a vital mineral for building strong teeth and bones. In very less quantity it is also needed to our muscles work, heart and nerves. Sources of calcium include fresh leafy green vegetables, tofu, canned fish, pudding, milk and yoghurt. Osteoporosis disease is caused due to lack of calcium.

**Cholesterol:** It is essential for the development of cells, nerves, and brain. It plays a vital role in the forming of hormones and enzymes. Foods include milk, cheese, fish, beef, and chicken.

It is one of the important sources of calories. 9 calories is one gram of fat. It is almost double the calories that we get from proteins and carbohydrates. Foods that we use in cooking, as spreads on bread fat content is usually found in it and also it is found in snacks and pastries.

**Iron:** It is a major constituent of our red blood cells. Its function is to carry oxygen from our lungs to cells, muscles, and organs. Food sources include leafy vegetables, soybeans and other spinach.

**Protein:** They are made of amino acids. We can obtain protein in foods such as rice, lentils, chicken, nuts, and beef etc.

**Sodium:** Foods like fresh vegetables and milk contain sodium. High blood pressure is caused due to lack of sodium.

**Functions of nutrients:** The important functions of nutrients is they are the main source of energy for the body, they help in building and repairing body tissues, increases the absorption of fat-soluble vitamins, helps in the synthesis of collagen, provides proper structure to the blood vessels, bones and ligaments and they also help in maintaining the homeostasis of the body.

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