

Dear All,

You will find here some information concerning our Body and Nutrition. What do our body need to keep healthy, and the Food sources for vitamins, minerals, etc....

This is not a Medical report, those pages have no other pretension than giving you some basic information that we hope, you will find interesting.

We will change or add information every Term.
This term: WATER, CALCIUM and PHOSPHORUS

- **Water in the body.**

Nothing will survive without water (plants, Animals or most organisms on earth). We could live Without food for few weeks but just few days without water (depending on the temperature)

In a man, weighting 150 pounds: 90 pounds is water, fat 30 pounds and Mineral, vitamins, protein, carbohydrates counts for 30 pounds.

The average body weight (Adult) is generally 50-60% water.

Brain is 75% water
Blood is 92% water
Bones about 22%

Water helps nearly every part of the body function efficiently.

Water is needed in each step of the process of converting food into energy and tissue, it facilitates digestion by softening, dilutes and liquefies the food in our body, water is required for breathing, regulates body temperature, water carries nutrients and oxygen to all cells in the body, it moistens oxygen for breathing, protects and cushions vital organs, water helps remove waste materials via the kidney.

The body gets rid of the water it doesn't need through: the Kidneys (along with waste materials carried from the cell) as urine (4 to 6 cups a day).
The skin by Perspiration (Sweating or not sweating)
To a lesser degree, from the lungs and gastrointestinal tract.

A healthy body maintains water at a constant level. We feel thirsty when the blood starts to become too concentrated, drink plenty of fluid when thirsty, it is not possible to drink too much water as it will be excreted.

In some medical condition such as: Vomiting, diarrhoea , excessive bleeding, high fever, burns and excessive perspiration , large amount of fluid and mineral are lost and the patient should follows medical diagnostic.

The body loses about 1.5 litres of water a day, ensuring that toxic substances are eliminated from the body.

As our body make about a third of litre of water per day when glucose is “burnt” for energy, we will need another litre a day from food and drinks. The ideal daily intake is around 2litres.

Nearly all foods have some water: fruit and vegetables besides containing Vitamins, and mineral, consist of around 90% water.

Milk contains about 87% water, Meat Between 40% to 75%, Eggs about 75% and bread around 35% water.

Alcohol, Coffee and Tea, cause the body to lose water and rob the body of valuable minerals.

The lack of clean safe drinking water is the world’s number 1 killer. To fight this global problem the United Nations has proclaimed the decade 2005-2015 as the International decade for action, “Water for Life” , this shown the importance of water for the human race.

- **Calcium and Phosphorus.**

Calcium and phosphorus are macro-minerals, we need these mineral in daily quantity of over 100mg.

Calcium and phosphorus are used for building Bones and teeth and gives rigidity to the structure. Bone is continually being rebuilt with new bone being formed as well as teeth to a much slower rate.

Calcium circulates in the blood and appears in other body tissues where it helps blood to clot, muscles to contract (Heart muscle as well), and nerves to transmit impulses. Calcium promotes healthy heart, improves skins, and relieves aching muscles and bones, Osteoporosis. Calcium as well maintains correct balance between acid and alkaline, it reduces menstrual cramps and tremors.

The recommended daily allowance for Calcium is 800mg
The suggested optimal nutrient allowance is 800 to 1200mg

The best source of calcium is Milk ,without milk or milk products in our diet ,it will be difficult to get enough Calcium, some other source of calcium are Almonds, Sesame seeds, Tofu, soy beans, broccoli.

Some indications of deficiency of calcium are: Muscle cramps and tremor, insomnia, joint pain and arthritis, tooth decay, high blood pressure, eczema, hyperactivity.

Vitamin D helps calcium being absorbed, while certain substances such as tannins in tea, coffee interfere with calcium absorption.

Phosphorus is involved in the release of energy from fat, protein and carbohydrates during metabolism and in the formation of DNA (Deoxyribonucleic Acid) and many enzymes. Phosphorus helps maintains the balance between acid and Alkalis produces by the body as the balance is critical. It Forms and maintains teeth, builds muscle tissue.

RDA for phosphorus is 800mg

Deficiency of phosphorus is really unlikely as you can find phosphorus in most food, such as Meat, poultry, fish, eggs, whole –grain, only one quart milk gives us more than the RDA (1000mg).

Vitamin D and lactose, as well as a correct ratio (2:1) Calcium /phosphorus are good helps for absorption of phosphorus.

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