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Nutritional biochemistry textbook pdf pdf template word file

maintain acid-base balance. [54] [20] The functions of the iron are essential for the transport of oxygen and for cell proliferation "iron as a core of EME proteins such as myoglobin, hemoglobin and cytocyromes. Mioglobin and hemoglobin are essential for the storage and transport of oxygen, while cytocromes are essential for the reactions of the electron transport chain in the energy metabolism. Iron is also critical in its non-heme form in iron-zolph enzymes such as the juicy dehydrogenase and the nadh dehydrogenase in oxidative metabolism. [43] [22] Zinc works structurally as a component of proteins and catalitically as a component of > 300 enzymes in the body. Functions are pervasive throughout the body and crucial for growth, cognitive function and bone health[23]. Copper-copper acts as a critical cofactor for a group of cellular transporters called cuproenzymes. The copper is essential for the correct of human organs and metabolic processes such as hemoglobin synthesis, neurotransmitter synthesis, iron oxidation, cellular respiration, antioxidant peptide amidation, pigment formation and connective tissue formation. [45] [24] [24] [24] [24] [24] [24] [24] [24] Iodine The primary function of the iodine is its role in the synthesis of thyroid hormones thyroxine (T4) and triiodothyronine (T3). On the apical surface of the tyrocyte, iodide is oxidized by the enzymes thyroperoxidase (TPO) and hydrogen peroxide to attach to thyrosilic residues on thyroglobulin to produce thyroid hormone precursors: monoiodothyrosin (MIT) and diiodothyrosin (dit). The TPO then catalyzes the formation of a gastronomic bridge between the phenyl groups of iodothyrosin to create thyroid hormones. The binding of two divalent iodides produces T4, while the binding of MIT and DIT produces T3. T3 and T4 are almost structurally identical, but T3 has one less iodine than T4. Thyroid hormones work to regulate fetal cell growth, postnatal growth, and baseline metabolic rate. [46] Selenium selenium functions as an essential component of selenoproteins which play major roles in defense against oxidation, thyroid hormone formation, DNA synthesis, reproduction and fertility. The functions of most selenoproteins are unknown, but the known functions involve participation in antioxidant and anabolic processes. A family of antioxidant enzymes called glutathione peroxidase is dependent on selenium to function to neutralize hydrogen peroxide and organic hyperoxides in both intracellular and extracellular compartments. Deiodinases are a group of three selenoenzymes responsible for the conversion of T4 to T3 in thyroid hormone activation. The P-selenoprotein is the most abundant selenoprotein found in plasma and plays an important role in and selenium homeostasis in tissues. [27] Carbohydrates that measure the quantity glucose in plasma is one of the most important ways¹ for screening and management of diabetes. To test and clinically monitor blood glucose, your blood will be used to from a vein, usually when the patient has fasted for at least 8 hours. The level of glucose is measured in milligrams of glucose per deciliter plasma. A healthy fasting blood glucose level is less than or equal to 99 mg/dL. Someone who has an increased risk for diabetes, or prediabetes, falls in the range of fasting blood glucose of 100 to 125 mg/dL. If a patient has a fasting blood glucose of 126 mg/dL or greater on two separate occasions, they can receive a diagnosis of diabetes.[61][62]Proteins Nitrogen balance is the gold standard for testing the protein status of the body. Nitrogen balance is equal to the grams of nitrogen consumed minus the grams of nitrogen excreted. The grams of nitrogen consumed is calculated by the

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