Vitamins Essay, Research Paper

Vitamins, Nutrients, and Minerals

When one hears the three words: vitamins, nutrients, and minerals, they think of one thing-being healthy and noticing what your intake is daily. Nutrition is all about vitamins and nutrients. Firstly, vitamins are an organic compound required by the body in small amounts of metabolism, to protect health, and for proper growth of children. Vitamins also assist in the formation of hormones, blood cells, nervous systems chemicals, and genetic material. There are 13 well-identified vitamins. Some examples of the 13 well-identified vitamins are: A, D, E, and K-fat contained foods, B, C-consumed immediately. A well known and commonly used in commercials for orange juice vitamin is vitamin C. Vitamin C or ascorbic acid is important in the synthesis and maintenance of connective tissues. The lack of vitamin C will result in a sickness called scurvy. Scurvy harms the gums, mucous membranes, and the skin. Another well-known vitamin and is also used to commercial to give more information about this beverage is the vitamin in milk. The vitamin in milk is vitamin D. If you do not drink milk and obtain this vitamin, your bones and teeth will become soft and weak. Lacking one or more of the 13 well-identified vitamins will cause sickness and weakness to your body. Secondly, nutrients are how the body assimilates certain compounds. Nutrients are classified in 5 major groups: proteins, carbohydrates, fats, vitamins, and minerals. One of the five nutrients is carbohydrate. The carbohydrate group principally consists of sugar, starch, dextrin, cellulose, and glycogen. In more basic terms, carbohydrates are sugars needed by human and other living organisms. Some types of foods that contain carbohydrates would be candies, ice cream, fruit juice, soda, chocolate bars etc. Lastly, vitamins are connected to minerals. Minerals are also a very important part of a healthy person. There are 11 major groups of minerals. They are: calcium, chromium, copper, iodine, iron, magnesium, manganese, phosphorous, potassium, selenium, and zinc. All these terms look very familiar if one has taken chemistry. These are the elements of our world. One of the more common minerals that most people have heard of is calcium. Calcium also helps with the structure and strength of teeth and bones. Vitamins and minerals work together to help humans maintain a healthy body. For example, vitamin D works with calcium to help for and maintain the strength of teeth and bones. The lack of calcium has the same effect when one lacks vitamin D because the minerals and vitamins work with each other to help the body and if one is not present, then the person would suffer the same effects if the other mineral or vitamin is not present. In conclusion, being healthy is a very important part of everyone’s lives. It is important to obtain the right amount and vitamins and minerals because many diseases and sicknesses can occur if there is a lack of a specific vitamin or minerals. Vitamins and minerals are essential for good health.

Bibliography

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