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# Biochemistry of nutrition

*elective course*



**The nutrition speaks :**

*“Some eat to live,  
And some live to eat!”*

*My function is  
To cater for all.”*

# Topicality of the problem

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## Eating Disorders Are One Of The Most Significant And Common Factors In The World Epidemic Of Metabolic Disorders

- *Obesity  $\approx$  30% of the population of the world,*
- *$\approx$  15% - population of Ukraine*
- *DM  $\approx$  3% world population ( 90-95% - DM 2 type)*
- *The number of patients with DM 2 doubles every 13-15 years(WHO)*
- *microelements insufficiency  $\approx$  80% of the population*



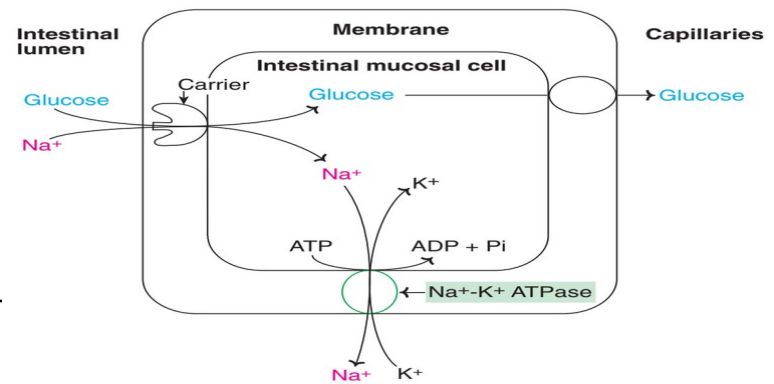
# The purpose of studying this course

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- *Formation of special professional competencies aimed at mastering modern ideas about biochemical processes associated with the receipt and digestion of nutrients in the body to provide it with energy and structural components in order to implement any physiological function.*

# Tasks of course

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- obtaining knowledge, skills and abilities in the field of biochemistry of rational nutrition
- formation of a system of knowledge about macronutrients and micronutrients, their nutritional value, biochemical mechanisms of digestion, absorption and elimination
- biochemical role of microelements, types and causes of microelementosis
- biochemical markers for the assessment of nutritional status and metabolic disorders in the human body
- the concept of food supplements and their importance in medicine

# The results of the study

Knowledge of biochemical aspects of nutrition

understanding of biochemical mechanisms digestion and absorption of nutrients

Using the results of clinical and biochemical studies for monitoring human nutritional status

biochemical changes interpretation at microelementosis cases

practice biochemical skills research for diagnose digestive disorders, familiarization with modern laboratory methods

*We invite you to the course*

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**“Biochemistry of nutrition”!**

