D.PHARM • FIRST YEAR

Social Pharmacy

CHAPTER 3

Nutrition and Health



ENGLISH CHAPTER NOTES

DIPLOMA IN PHARMACY

Nutrition: Building Blocks

MACRONUTRIENTS

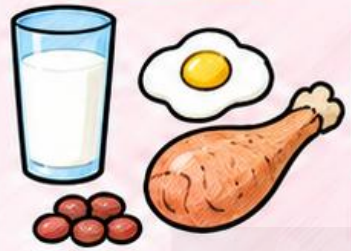
Macronutrients supply energy and structure: carbohydrates and protein provide about 4 kcal/g, fat about 9 kcal/g.

Carbohydrates



4 kcal/g

Protein



4 kcal/g

Fat



9 kcal/g

ROLES

Proteins support tissue repair and enzymes; carbohydrates are a major energy source; fats help membranes and absorption of fat-soluble vitamins.

Micronutrients



Water



Fibre





Balanced Diet

A balanced diet also needs micronutrients, water and fibre; no single food supplies everything.

Choose Quality, Not Only Calories

PREFER NUTRITIOUS FOODS

Prefer whole grains, pulses, fruits, vegetables, nuts and healthy oils across meals.


whole grains


pulses


fruits


vegetables


nuts


healthy oils

Across meals

LIMIT UNHEALTHY COMPONENTS

Limit excess refined sugar, salt and industrial trans fat; portion and cooking method also matter.


refined sugar


salt


industrial trans fat

Portion and cooking method also matter

PROTEIN NEEDS VARY

Protein needs vary with age, growth, pregnancy, illness and activity; avoid one-size-fits-all advice.


age


growth


pregnancy


illness


activity

avoid one-size-fits-all advice.

Vitamins and Minerals

VITAMINS

Vitamins regulate metabolism and tissue function; fat-soluble vitamins A, D, E and K differ from water-soluble B and C.

Fat-soluble vitamins

A D E K

Water-soluble vitamins

B C

MINERALS

Iron supports haemoglobin, iodine supports thyroid hormones, calcium supports bone and muscle function.

Iron



supports haemoglobin

Iodine



supports thyroid hormones

Calcium



supports bone and muscle function.

DIET AND SUPPLEMENTS

Food variety is the first strategy; supplements are used when need or deficiency is established.



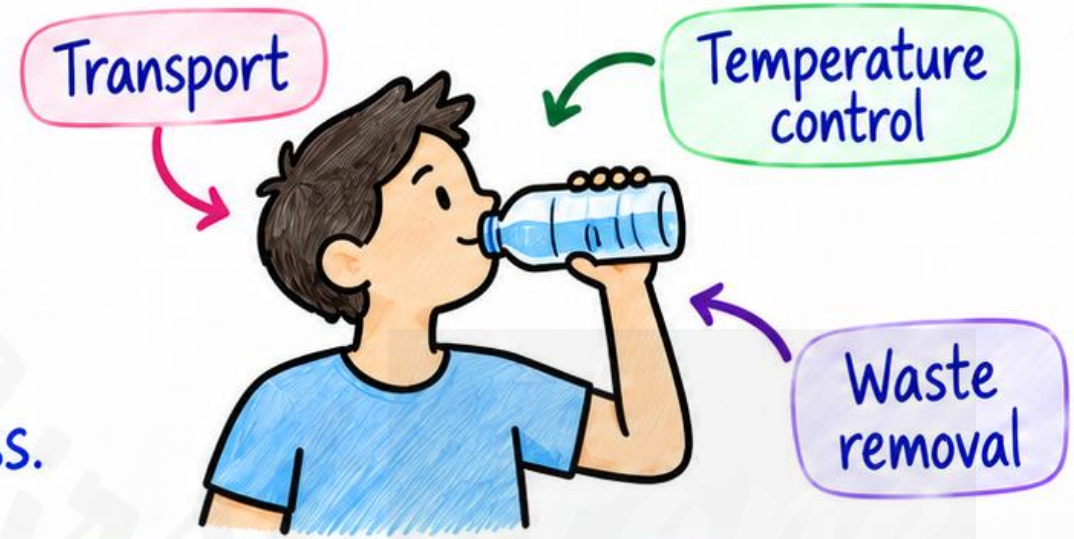
Food variety → First strategy → Supplements

used when need or deficiency is established.

Water and Dietary Fibre

WATER

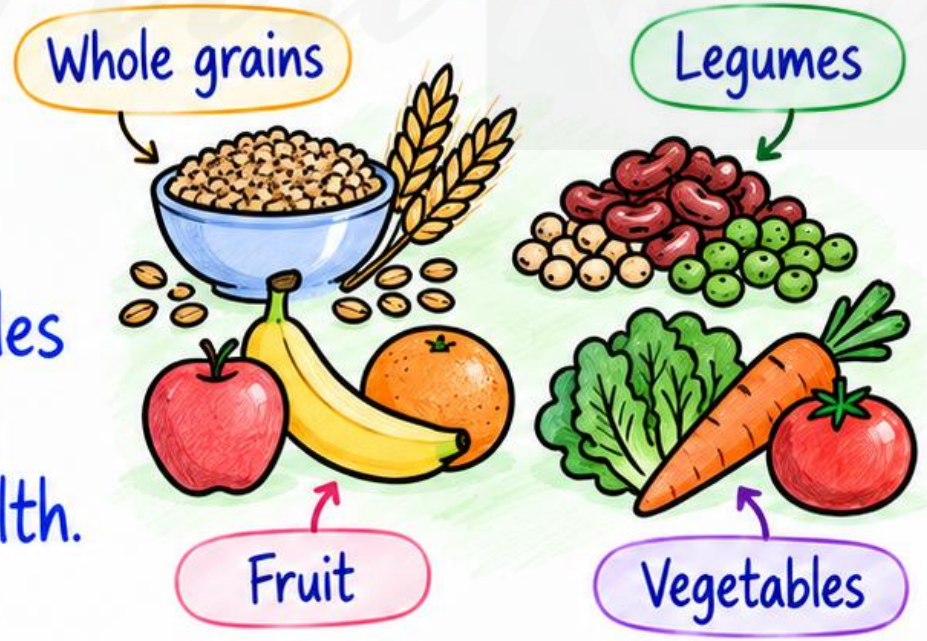
Water supports transport, temperature control and waste removal; needs vary with heat, activity and illness.





DIETARY FIBRE

Fibre from whole grains, legumes, fruit and vegetables supports bowel health and can improve metabolic health.



ADVICE

Increase fibre gradually with enough fluid; individual medical conditions may require tailored advice.

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