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INTEGRATION OF AUXOLOGY AND NUTRITIONAL ASPECTS FOR HUMAN GROWTH

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ABSTRACT

An organism utilises food to sustain its existence in a biochemical and physiological manner, which is called nutrition. Eating, absorbing, assimilation and catabolism are all part of the process. Nutritional science is the branch of study that examines the physiological effects of food (also nutrition science). Two primary methods exist for organisms to get carbon: autotrophy (the self-production of organic food) or heterotrophy (the acquisition of carbon from other sources) (the consumption of existing organic carbon). There are four major nutritional categories for organisms, each with its own energy source (phototrophy or chemotrophy). The body obtains the calories it needs for energy from 3 components - carbs, protein, and fat. Carbohydrates calories are the simplest source of easily accessible energy. As long as there is not an excess of carbohydrate meals, this energy is used as fuel and is not turned into fat. Sources of complex carbohydrates such as whole grains and fresh fruits and vegetables with the skin left on offer fibre that the body digests more slowly and thus are the best options for kids and adults. Protein-rich meals are broken down into amino acids that are needed by the muscles for development. Unsaturated fats (sometimes termed good fats) are an essential component of a healthy diet. When protein, carbs, and fat are eaten together, digestion is delayed and energy is supplied over a longer period of time.

KEYWORDS: *Auxology, Auxology and Nutrition, Nutrition for Physical Performance*

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