

Gezondheidsleer Deel 1: Voeding

HS1: Algemene begrippen

Functies van voeding

Voeding heeft een **fysiologische** en **psychosociale functie**.

- **Fysiologische:** - Je haalt er energie uit.-Het bevat beschermstoffen voor je weerstand- Het bevat bouwstenen voor spieren, botten en het functioneren van verschillende lichaamsfuncties.
- **Psychosociale:** - Het eten/maaltijden zijn ook bedoeld om samen te zijn. (onder de mensen komen)je kan dus stellen dat als je met andere personen eet, dat je aan je sociale leven werkt.

Voedingsbestanddelen

Onze voeding bestaat uit **macronutriënten** en **micronutriënten**.**macronutriënten:** Leveren energie zijnde: Koolhydraten, eiwitten, vetten en alcohol.**micronutriënten:** Hebben beschermende functie zijnde: vitamines, mineralen en sporelementen.

1) KOOLHYDRATEN (1gram = 4 kcal energie)

-Monosachariden: 1 suikermolecule

Disachariden: 2 aaneengeschakelde monosachariden

Oligo-sachariden: 3-20 aaneengeschakelde monosachariden

Poly-sachariden: >20 aaneengeschakelde monosachariden

Suikeralkoholen

FUNCTIE: Koolhydraten zijn onze belangrijkste energieleveranciers, als we ze eten splitsen de enzymen in monosachariden, die gaan we door onze darmwand opnemen in het bloed om dan rond te transporteren. **Glucose** is de enige bruikbare vorm en wordt opgenomen door onze hersenen, spieren en lever. **Fructose en galactose** moeten eerst omgezet worden naar glucose door onze lever.

In rust: Spieren nemen glucose op, lever neemt fructose, galactose en glucose om die om te zetten naar koolhydraatreserven om voor een stabiele bloedsuikerconcentratie te zorgen.

Tijdens inspanning: energie wordt vrijgemaakt door de spieren. Het wordt uit glucose gehaald dat in het bloed zit of door afbraak van spierglycogeen.

glycemische index geeft aan hoe snel een voedingsmiddel wordt opgenomen na een maaltijd, in vergelijking met glucose. Glucose heeft een index van 100, meteen de hoogste waarde. Het geeft ook de snelheid aan en de hoogte weer waarmee de bloedsuikerspiegel stijgt.

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Liyong Dong



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