

Tracie Harrison

November 29, 2013

Course: Chem 1010

Instructor: JoLynn Kindred

The Importance of Chemistry to Nutritionists

I have found there are many different types of Nutritionist including and not limited to; Food Nutritionist, Public Health Nutritionist, Science & Clinical Nutritionist along with Animal Nutritionist and Sports & Exercise Nutritionists. Each of these specialized fields requires a basic understanding of chemistry. Since our bodies are made up of molecules, what we eat is also broken down into atoms and molecules used to fuel our bodies. Digestion is a chemical process where we break down larger food molecules (fat, protein and carbohydrates) into system supporting smaller molecules in a chemical reaction breaking polymers in to monomers to be absorbed into the body and used as energy.

Governmental regulatory agencies hire nutritionist working to ensuring that the calories, sodium and vitamins manufacturers claim made by food processors are indeed there in the correct amounts. Others nutritionist will use their chemistry and culinary backgrounds to ensure food industrial cooking process are maintaining as many nutrients as possible. (Source: [www. Alliedhealthword.com/nutritionist.html](http://www.Alliedhealthword.com/nutritionist.html))

Degrees with backgrounds in: Life Science Chemistry, Organic Chemistry, Biochemistry would all be types of chemistry used in by a nutritionist.

This career field would be a possible interest to me as we will continue to need to adjust our dietary intake as the world demand for good quality food sources grows. Our continuing depletion of healthy soil sources makes the food we eat need to have a more complete chemistry to fuel our bodies while decreasing the demand on our natural resources.