

Micronutrient and its Benefits to Human Body

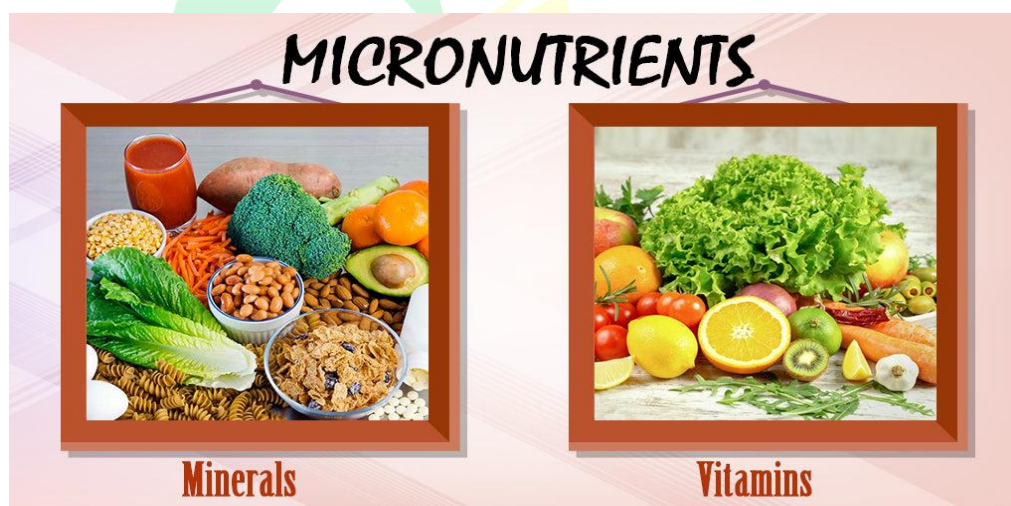
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Introduction:

Micronutrients are one of the major groups of nutrients your body needs. They include vitamins and minerals. Vitamins are necessary for energy production, immune function, blood clotting and other functions. Meanwhile, minerals play an important role in growth, bone health, fluid balance and several other processes.



Importance:

Micronutrients often referred to as vitamins and minerals, are vital to healthy development, disease prevention, and wellbeing. With the exception of vitamin D, micronutrients are not produced in the body and must be derived from the diet.

Though people only need small amounts of micronutrients, consuming the recommended amount is important. Micronutrient deficiencies can have devastating consequences. At least half of children worldwide younger than 5 years of age suffer from vitamin and mineral deficiencies

Benefits:

All micronutrients are extremely important for the proper functioning of human body.

Consuming an adequate amount of the different vitamins and minerals is key to optimal health and may even help fight disease.

This is because micronutrients are part of nearly every process in human body. Moreover, certain vitamins and minerals can act as antioxidants.

Antioxidants may protect against cell damage that has been associated with certain diseases, including cancer, Alzheimer's and heart disease.

For example, research has linked an adequate dietary intake of vitamins A and C with a lower risk of some types of cancer.

Getting enough of some vitamins may also help prevent Alzheimer's disease. A review of seven studies found that adequate dietary intake of vitamins E, C and A is associated with a 24%, 17% and 12% reduced risk of developing Alzheimer's, respectively. Certain minerals may also play a role in preventing and fighting disease.

Research has linked low blood levels of selenium to a higher risk of heart disease. A review of observational studies found that the risk of heart disease decreased by 24% when blood concentrations of selenium increased by 50%.

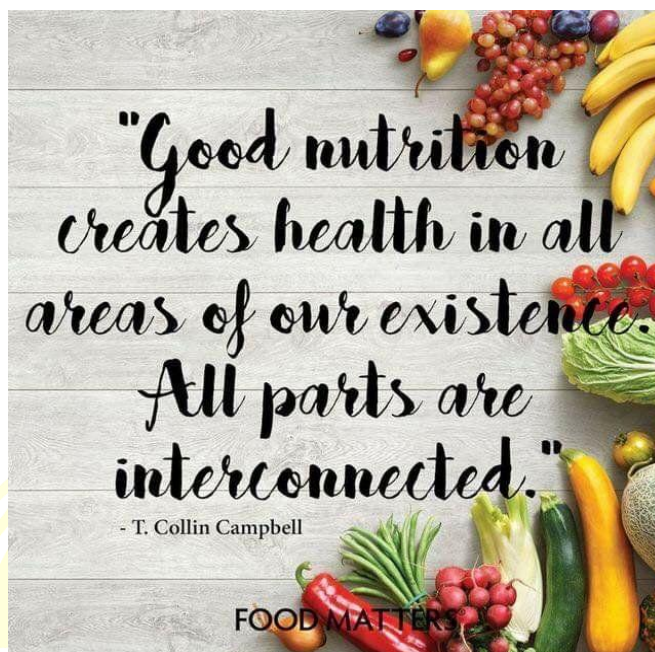
Additionally, a review of 22 studies noticed that adequate calcium intake decreases the risk of death from heart disease and all other causes.

Few studies suggest that consuming enough of all micronutrients — especially that with antioxidant properties — provides ample health benefits.

However, it's unclear whether consuming more than the recommended amounts of certain micronutrients — either from foods or supplements — offers additional benefits

Conclusion:

Micronutrients are part of nearly every process in human body. Some even act as antioxidants. Due to their important role in health, they may protect against diseases.



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our medicine
& Our Medicine
Should be
Our Food
-Hippocrates

