

# Nutrients + Enzymes

## FUEL NUTRIENTS:

1. Carbohydrates - includes STARCH + SUGARS
  2. proteins
  3. lipids
- ↓ complex carbs      ↓ simple carbs

\* Nutrients must be digested, so they become small enough to absorb into the BLOODSTREAM.

↳ Where does this occur?

## Mouth

Salivary Amylase (enzyme) digests starch (nutrient) → Maltose (sugar)

## Stomach

Pepsin (enzyme) digests Proteins (nutrient) → Polypeptides  
HCl activates the pepsin + kills germs.

Pancreatic Juice - sent to sm. intestine

enzymes → Pancreatic amylase digests Starch into Maltose.  
Lipase digests lipids into Fatty Acids.  
Trypsin digests polypeptides (proteins) into amino acids.  
nutrients

Liver Bile - Bile helps Lipase break down lipids.

# Sm. Intestine

Maltase (enzyme) digests maltose (sugar) into GLUCOSE. (sugar)

Sucrase (enzyme) digests sucrose (sugar) into GLUCOSE + FRUCTOSE. (sugars)

Lactase (enzyme) digests lactose (sugar) into GLUCOSE.

↑  
enzymes often end  
with -ASE

↑ ↑  
Sugars often  
end with -OSE

