



Carbohydrates have six major functions



- Providing energy and regulation of blood glucose.
- Sparing the use of proteins for energy.
- Breakdown of fatty acids and preventing ketosis.
- Biological recognition processes.
- Flavor and Sweeteners.
- Dietary fiber.



FUNCTIONS OF LIPIDS IN BODY



- Lipids function as **an energy reserve, regulate hormones, transmit nerve impulses, cushion vital organs, and transport fat-soluble nutrients**. Fat in food serves as an energy source with high caloric density, adds texture and taste, and contributes to satiety
- Storing Energy. The excess energy from the food we eat is digested and incorporated into adipose tissue, or fatty tissue. ...
- Regulating and Signaling.
- Insulating and Protecting. ...
- Aiding Digestion and Increasing Bioavailability.



Important functions of protein in our body



- Growth and Maintenance
- Acts as a Messenger
- Provides Structure
- Maintains Proper p H
- Balances Fluids
- Bolsters Immune Health
- Transports and Stores Nutrients



Important functions of nucleic acids

- Two main functions of nucleic acids:
 - (i) DNA is responsible for the transmission of inherent characters from one generation to the next. This process of transmission is called heredity.
 - (ii) Nucleic acids (both DNA and RNA) are responsible for protein synthesis in a cell.



Important functions of Enzymes

- Enzymes **help speed up chemical reactions in the human body.**
- Respiration
- Digesting food
- Muscle and nerve function etc,, among thousands of other roles.
- Each cell in the human body contains thousands of enzymes. Enzymes provide help with facilitating chemical reactions within each cell



Function of chromosomes

- The main function of chromosomes is **to carry the DNA and transfer the genetic information from parents to offspring**. Chromosomes play an important role during cell division. They protect the DNA from getting tangled and damaged.

