

## **DIGESTION BOOK**



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### **Digestion Wikipedia**

Digestion is the breakdown of large insoluble food molecules into small water-soluble food molecules so that they can be absorbed into the watery blood plasma. In certain organisms, these smaller substances are absorbed through the small intestine into the blood stream. Digestion is a form of catabolism that is often divided into two processes based on how food is broken down: mechanical and

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This chart graphically details the %DV that a serving of Pineapple provides for each of the nutrients of which it is a good, very good, or excellent source according to our Food Rating System.

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### **Gastrointestinal tract Wikipedia**

The gastrointestinal tract (digestive tract, digestional tract, GI tract, GIT, gut, or alimentary canal) is an organ system within humans and other animals which takes in food, digests it to extract and absorb energy and nutrients, and expels the remaining waste as feces. The mouth, esophagus, stomach and intestines are part of the gastrointestinal tract.

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