

Digestion in the Human Body

FOOD IS MADE UP OF



LIVER

Processes **amino acids**, **fatty acids**, **glucose**, **vitamins** and **minerals** and distributes as needed

GALLBLADDER

Bile starts to break down **fat** in the small intestine

SMALL INTESTINE

Soluble fibre forms a gel trapping **sugar** and **cholesterol** to slow their absorption

BRUSH BORDER

Brush border enzymes complete **protein**, **starch** and **sugar** digestion

90% of all nutrients are absorbed in the small intestine and sent to the liver to be distributed

Amino acids
Fatty acids
Glucose
Vitamins
Minerals

LARGE INTESTINE

80% of water is reabsorbed back into the body

Fibre is the only nutrient that remains
Insoluble fibre helps to move waste along

APPENDIX

MOUTH

Enzymes in the saliva begin to break down **starch**

OESOPHAGUS

A muscular tube that contracts in waves

STOMACH

Stomach acid activates enzymes and **protein** digestion begins

Fibre helps to fill up the stomach and slow digestion

PANCREAS

Pancreatic enzymes continue **protein**, **fat**, **starch** and **sugar** digestion

Protein is broken down into **amino acids**

Fat is broken down into **fatty acids**

Starch and **sugar** are broken down into **glucose**

Fibre remains intact

MICROBIOME

Fibre feeds the good bacteria and helps them to grow in number
This supports intestinal balance

The **fibre** is fermented by the bacteria to produce compounds that help keep us healthy

RECTUM

Stores waste prior to elimination

ANUS

Waste is eliminated