Chapter Objectives:
• Learn about macronutrients (carbohydrates, lipids, proteins) and micronutrients (vitamins, minerals).
• Learn about metabolism and energy production, and the basic process involved in the catabolism of food.
• Learn how ATP is used in energy storage and the role of mitochondria in metabolism.
• Learn about the coenzymes in the common catabolic pathway (Coenzyme A, NAD, FAD).

Nutritional Requirements
• The science of nutrition focuses on the study of food, water, and other nutrients and the ways in which they are used by living organisms.
• Nutrients are necessary for the body to function and remain healthy.
  – Macronutrients are needed in large amounts (gram quantities) because they provide energy and materials required to build and repair tissues.
    • carbohydrates, proteins, and lipids
  – Micronutrients are required in small amounts (milligram or microgram quantities). Many of these are used in enzymes.
    • vitamins and minerals

Daily Values (DV)

Macronutrients: Carbohydrates, Lipids, and Proteins

Carbohydrates
• Carbohydrates provide energy for body functions and useful materials for the synthesis of cell and tissue components.
• Simple carbohydrates are the monosaccharides and disaccharides such as glucose, fructose, sucrose, etc.
• Complex carbohydrates are the polysaccharides amylose and amylpectin (starch).
  – Cellulose is also a complex carbohydrate, but it serves a nonnutritive role as fiber.
• Current recommendations are that about 58% of our daily calories should come from carbohydrates; currently, about 46% of the typical American diet comes from carbohydrates, and much of that comes from simple sugars rather than from complex carbohydrates.
Chapter 12 Nutrition and Energy for Life

**American Diet vs. Healthful Diet**

<table>
<thead>
<tr>
<th></th>
<th>American Diet (%)</th>
<th>Healthful Diet (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>12%</td>
<td>2%</td>
</tr>
<tr>
<td>Lipids</td>
<td>42%</td>
<td>28%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>45%</td>
<td>38%</td>
</tr>
</tbody>
</table>

**Lipids**

- Lipids improve the texture of foods, absorb and retain flavors, and are digested more slowly than other foods, prolonging the feeling of satiety (satisfaction and fullness after a meal).
- Linoleic and linolenic acids are **essential fatty acids** because they cannot be synthesized in the body, and must be obtained from the diet.
  - Corn, cottonseed, soybean oils, and wheat germ are good sources for these acids.
- The average American receives about 42% of the calories in their diets from fat, while the recommendation is about 30%.

**Fatty Acid Composition of Common Food Fats**

**Proteins**

- The RDI for proteins varies for different groups of people.
- Protein is necessary for:
  - production of new tissue
  - maintenance and repair of cells
  - production of enzymes, hormones, and other important nitrogen-containing compounds
- Proteins provide 4 Cal/g of energy.

**Lipids**

- About 95% of the lipids in foods and in our bodies is in the form of triglycerides. The fatty acids in the triglycerides can be either **saturated** or **unsaturated**.
  - Triglycerides containing a high concentration of unsaturated fatty acids are liquids at room temperature (oils).
  - Triglycerides containing a high concentration of saturated fatty acids are solids at room temperature (fats).
- Lipids provide a concentrated source of energy.
  - lipids: 9 Cal/g
  - proteins and carbohydrates: 4 Cal/g
- Lipids contain some fat-soluble vitamins and help to carry them through the body.

**Proteins**

- On digestion, proteins are broken down into amino acids, which are then absorbed into the body’s amino acid pool.
  - Several amino acids are **essential**, and must be obtained from the diet.
- **Complete proteins** contain all of the essential amino acids in the proportions needed by the body.
### Water-Soluble Vitamins

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Solubility</th>
<th>Function</th>
<th>Dietary Sources</th>
<th>RDI</th>
<th>Deficiency</th>
<th>Upper Limit</th>
<th>Deficiency Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1 (thiamine)</td>
<td>Water</td>
<td>Coenzyme in carbohydrate metabolism</td>
<td>Whole grain, peas, legumes, nuts</td>
<td>1.2 mg</td>
<td>N/D</td>
<td>N/D</td>
<td>Severe, non-specific, neurological symptoms</td>
</tr>
<tr>
<td>B2 (riboflavin)</td>
<td>Water</td>
<td>Coenzyme in nucleotide metabolism</td>
<td>Whole grain, legumes, nuts</td>
<td>1.3 mg</td>
<td>N/D</td>
<td>N/D</td>
<td>Severe, non-specific, neurological symptoms</td>
</tr>
<tr>
<td>B3 (nicotinic acid)</td>
<td>Water</td>
<td>Coenzyme in TCA cycle and oxidative phosphorylation</td>
<td>Whole grain, legumes, nuts</td>
<td>1.3 mg</td>
<td>N/D</td>
<td>N/D</td>
<td>Severe, non-specific, neurological symptoms</td>
</tr>
<tr>
<td>B5 (pantothenic acid)</td>
<td>Water</td>
<td>Coenzyme in TCA cycle and oxidative phosphorylation</td>
<td>Whole grain, legumes, nuts</td>
<td>35 mg</td>
<td>N/D</td>
<td>N/D</td>
<td>Severe, non-specific, neurological symptoms</td>
</tr>
<tr>
<td>Vitamin B6 (pyridoxine, pyridoxal phosphate)</td>
<td>Water</td>
<td>Coenzyme in amino acid metabolism</td>
<td>Legume grains, peas, legumes</td>
<td>1.2 mg</td>
<td>N/D</td>
<td>N/D</td>
<td>Severe, non-specific, neurological symptoms</td>
</tr>
<tr>
<td>B7 (biotin)</td>
<td>Water</td>
<td>Coenzyme in amino acid metabolism</td>
<td>Whole grain, legumes, nuts</td>
<td>1.2 mg</td>
<td>N/D</td>
<td>N/D</td>
<td>Severe, non-specific, neurological symptoms</td>
</tr>
<tr>
<td>B9 (folic acid)</td>
<td>Water</td>
<td>Coenzyme in amino acid metabolism</td>
<td>Whole grain, legumes, nuts</td>
<td>100 mg</td>
<td>N/D</td>
<td>N/D</td>
<td>Severe, non-specific, neurological symptoms</td>
</tr>
<tr>
<td>B12 (cyanocobalamin)</td>
<td>Water</td>
<td>Coenzyme in amino acid metabolism</td>
<td>Whole grain, legumes, nuts</td>
<td>1000 mg</td>
<td>N/D</td>
<td>N/D</td>
<td>Severe, non-specific, neurological symptoms</td>
</tr>
</tbody>
</table>

**Vitamins**

- **Vitamins** are organic micronutrients that the body cannot produce in amounts needed for good health.
- Some vitamins are highly polar, and are **water-soluble**.
  - With the exception of Vitamin C, water-soluble vitamins function as coenzymes.
  - Excess amounts of water-soluble vitamins are usually removed by the kidneys.
- Vitamins with nonpolar molecule structure dissolve only in nonpolar solvents, and are **fat-soluble**.
  - Care must be taken to avoid overdoses of the fat-soluble vitamins, since they are not eliminated as readily. (They are stored in the liver and fatty tissues.)
**Water-Soluble Vitamins**

Vitamin B12 (cobalamin): A coenzyme in amino acid metabolism; important in normal functioning of the brain and nervous system, and in the production of blood; involved in the synthesis of DNA and fatty acids. The cyanocobalamin form is often used in B12 supplements because it is easier to purify after bacterial fermentation.

**Fat-Soluble Vitamins**

Vitamin A (retinol, retinal): Involved in the synthesis of visual pigments, and acts as a growth factor for epithelial cells. Vitamin A can be produced from beta-carotene. Found in liver, carrots, and some green and leafy vegetables.

Vitamin E (a-tocopherol): 
- Acts as an antioxidant; cofactor in at least eight enzymatic reactions; involved in the synthesis of collagen (prevention of scurvy).
- Found in green leafy vegetables, sunflower oil, and soybean oil.
- The a-tocopherol form is the most biologically active form of Vitamin E.

Vitamin K2 (menaquinone): 
- Produced by bacteria in the small intestine.
- Found in green leafy vegetables, soybean oil.

**Vitamin C (ascorbic acid)**
- Acts as an antioxidant; cofactor in at least eight enzymatic reactions; involved in the synthesis of collagen (prevention of scurvy).
- Found in green leafy vegetables, sunflower oil, and soybean oil.
- The a-tocopherol form is the most biologically active form of Vitamin E.
Minerals

Minerals are metals or nonmetals used in the body in the form of ions or compounds. Although we talk about them as if they are in their pure elemental form, all of these substances are ingested in the form of either ionic or molecular compounds.

- **Major minerals** are found in the body in quantities greater than 5 grams.
  - They are inorganic structural components of bones and teeth (Ca, P), or are needed in large amounts for the regulation of fluids and the transmission of nerve impulses (Na, K).

- **Trace minerals** are found in the body in smaller amounts.
  - They are components of vitamins, enzymes, hormones, or specialized proteins.

### Micronutrients II: Minerals

**Mineral**

**Dietary Sources**

**RDI**

**Functions**

**Deficiency Conditions**

**Major Minerals**

- **Calcium**
  - Dairy foods, dark green vegetables
  - 1000 mg
  - Bone and tooth formation, blood clotting, nerve impulse transmission
  - Reduced growth,rickets, weak and brittle bones

- **Chlorine**
  - Table salt, seafood, meat
  - 2300 mg
  - HCl in gastric juice, acid-base balance
  - Muscle cramps, apathy, reduced appetite

- **Magnesium**
  - Whole-grain cereals, meat, nuts, milk, legumes
  - 420 mg
  - Activation of enzymes, protein synthesis
  - Inhibited growth, weakness, spasms

- **Phosphorus**
  - Milk, cheese, meat, fish, grains, legumes
  - 700 mg
  - Enzyme component, acid-base balance, bone and tooth formation
  - Weakness, calcium loss, weak bones

- **Potassium**
  - Meat, milk, many fruits, cereals, legumes
  - 4700 mg
  - Acid-base and water balance, nerve function
  - Muscle weakness, paralysis

- **Sodium**
  - Most foods except fruit
  - 1500 mg
  - Acid-base and water balance, nerve function
  - Muscle cramps, apathy, reduced appetite

- **Sulfur**
  - Protein foods
  - Component of proteins
  - Deficiencies are very rare

**Trace Minerals**

- **Arsenic**
  - Many foods
  - Growth and reproduction
  - Poor growth and reproduction

- **Cobalt**
  - Meat, liver, dairy foods
  - Component of vitamin B12
  - Pernicious anemia (vitamin deficiency symptom)

- **Copper**
  - Drinking water, liver, lean meat, whole grains, dark green vegetables
  - 60 µg
  - Component of enzymes, hemoglobin formation
  - Anemia, fragility of arteries

- **Molybdenum**
  - Legumes, cereals, organ meats, dark green vegetables
  - 45 µg
  - Component of enzymes
  - Deficiency symptoms are rare

- **Zinc**
  - Milk, liver, shellfish, wheat bran
  - 11 mg
  - Component of enzymes
  - Poor growth, lack of sexual maturation, loss of appetite, abnormal glucose tolerance

*Need and deficiency symptoms determined for animals, probable in humans, but not yet certain.*
Chapter 12 Nutrition and Energy for Life

Metabolism and an Overview of Energy Production

The Sun and Photosynthesis

- The sun is the ultimate source of energy for all biological processes. This energy results from the fusion of hydrogen atoms to form helium atoms:

\[
4H \xrightarrow{\text{nuclear fusion}} \text{He} + \text{energy}
\]

- A portion of this energy reaches the Earth’s surface as sunlight, and is captured by the chlorophyll in plants. This energy drives the conversion of carbon dioxide and water to form glucose, and then into starch, triglycerides, and other forms of stored energy:

\[
6\text{CO}_2 + 6\text{H}_2\text{O} + \text{energy} \xrightarrow{\text{photosynthesis}} \text{C}_6\text{H}_12\text{O}_6 + 6\text{O}_2
\]

- All animals obtain energy either directly or indirectly from these energy stores in plants.

Cellular Respiration

- During cellular respiration, plants and animals combine energy-rich compounds with oxygen from the air, producing CO\(_2\) and releasing energy.

- Cellular respiration can be represented as:

\[
\text{C}_6\text{H}_{12}\text{O}_6 + 6\text{O}_2 \xrightarrow{\text{respiration}} 6\text{CO}_2 + 6\text{H}_2\text{O} + \text{energy}
\]

- A portion of the energy released during respiration is captured in the form of adenosine triphosphate (ATP), which stores energy for use in other processes.

- The remainder of the energy from respiration is released as heat.

Energy Flow in the Biosphere

Metabolism

- Metabolism is the sum of all reactions occurring in an organism:

  - Catabolism — the reactions involved in the breakdown of biomolecules.
  - Anabolism — the reactions involved in the synthesis of biomolecules.

- In general, energy is released during catabolism and required during anabolism.

Metabolic Pathways

- A metabolic pathway is a sequence of reactions used to produce one product or accomplish one process.

  - Each pathway consists of a series of chemical reactions that convert a starting material into an end product (e.g., the citric acid cycle and the electron transport chain).
  - Fortunately, there are a great many similarities among the major metabolic pathways in all life forms.
The Catabolism of Food

The catabolism of food is a three stage process.

- **Stage I:** The digestion of large, complex molecules into simpler ones.
  - The most common reaction in digestion is **hydrolysis**:
    
    \[
    \text{proteins} \xrightarrow{\text{hydrolysis}} \text{amino acids} \\
    \text{disaccharides and polysaccharides} \xrightarrow{\text{hydrolysis}} \text{monosaccharides} \\
    \text{fats and oils} \xrightarrow{\text{hydrolysis}} \text{fatty acids + glycerol}
    \]

- **Stage II:** The small molecules from digestion are broken down into even simpler units, usually the two-carbon acetyl portion of acetyl coenzyme A (acetyl CoA):

  \[
  \text{CH}_3-C-S-\text{CoA}
  \]

  - Some energy is produced at this stage, but much more is produced during the oxidation of the acetyl units in Stage III.

- **Stage III:** This is referred to as the **common catabolic pathway** because the reactions are the same regardless of the type of food being degraded.
  - citric acid cycle
  - electron transport
  - oxidative phosphorylation

  - Energy released in Stage III appears in the form of energy-rich molecules of **ATP**.
    - The whole purpose of the catabolic pathway is to convert the chemical energy in foods into molecules of ATP, which carries energy to parts of the cell where energy is needed.

  - The common catabolic pathway and the ways in which carbohydrates, lipids, and proteins provide molecules that are degraded by this pathway will be discussed in Chapters 13-15.

The Structure of ATP

- **Adenosine triphosphate.** ATP, consists of:
  - the heterocyclic base adenine
  - the sugar ribose
  - a triphosphate group

  Adenine + ribose is called **adenosine**

  - At physiological pH, the protons on the triphosphate group are removed, giving ATP a charge of -4.
    - In the cell, it is complexed with Mg\(^{2+}\) in a 1:1 ratio, giving it a net charge of -2.

ATP: The Primary Energy Carrier
The Hydrolysis of ATP

- The triphosphate group is the part of the molecule that is important in the transfer of biochemical energy. The key reaction is the transfer of a phosphoryl group, $-\text{PO}_3^2-$, from ATP to another molecule.

- During the hydrolysis of ATP in water, a phosphoryl group is transferred from ATP to a water molecule:

$$\text{ATP} + \text{H}_2\text{O} \rightarrow \text{ADP} + \text{P}_i + \text{H}^+ \quad \Delta G^\circ' = -7.3 \text{ kcal/mol}$$

- The products are adenosine diphosphate (ADP) and a phosphate ion, often referred to as an inorganic phosphate, $\text{P}_i$, or just phosphate.

- The liberated free energy is available for use by the cell to carry out processes requiring an input of energy:

$$\text{ATP} + \text{H}_2\text{O} \rightarrow \text{ADP} + \text{P}_i + \text{H}^+ \quad \Delta G^\circ' = -7.3 \text{ kcal/mol}$$

Other phosphate-containing compounds also liberate energy on hydrolysis:

- Compounds that liberate a large amount of free energy on hydrolysis are called high-energy compounds.

- The hydrolysis of ATP and related compounds are summarized below:

<table>
<thead>
<tr>
<th>Reaction</th>
<th>$\Delta G^\circ$ (kcal/mol)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATP + H$_2$O $\rightarrow$ ADP + P$_i$ + H$^+$</td>
<td>$-7.3$</td>
</tr>
<tr>
<td>ATP + H$_2$O $\rightarrow$ AMP + PP$_i$ + 2H$^+$</td>
<td>$-8.0$</td>
</tr>
<tr>
<td>P$_i$ + H$_2$O $\rightarrow$ AMP + H$_2$O</td>
<td>$-6.5$</td>
</tr>
</tbody>
</table>

The ATP-ADP Cycle

- ATP functions as an immediate donor of free energy rather than as an energy storage medium.

- The turnover rate of ATP is very high: typically, an ATP molecule is hydrolyzed within 1 minute after its formation.

- At rest, a human body hydrolyzes ATP at the rate of about 40 kg every 24 hours.

- During strenuous exertion, this rate may be as high as 0.5 kg per minute.

- ATP must be continuously regenerated from ADP if cellular work is to occur.

Free energy, $\Delta G$, is used as a measure of the energy change.

- When energy is released, $\Delta G$ is negative.

- When energy is absorbed, $\Delta G$ is positive.

- When $\Delta G$ is measured under standard conditions, it is represented by $\Delta G^\circ$.

- When $\Delta G^\circ$ is measured under body conditions, it is represented by $\Delta G^\circ'$.
**Mitochondria**

- The mitochondrion is the powerhouse of the cell. It is the organelle where many of the reactions of the common catabolic pathway occur. It consists of an outer membrane, which surrounds a inner membrane.
  - The folds of the inner membrane are called cristae.
  - The space that surrounds them is the matrix.
- The enzymes for ATP synthesis (electron transport and oxidative phosphorylation) are located on the cristae. The enzymes for the citric acid cycle are found within the matrix, near the surface of the inner membrane.

**Important Coenzymes in the Common Catabolic Pathway**

**Coenzyme A**

- Coenzymes are weakly-bound organic groups that participate in enzyme-catalyzed reactions, often by acting as shuttle systems for the transfer of chemical groups (e.g., hydrogen transport). Many important coenzymes are formed from vitamins.
- Coenzyme A is a central compound in metabolism. It is part of acetyl coenzyme A (acetyl CoA), the substance formed from all foods as they pass through Stage II of catabolism.

![Schematic of a typical animal cell](image)

**An Animal Cell**

![Diagram of an animal cell](image)

**Coenzyme A**

- Components of coenzyme A:
  - vitamin B₅, pantothenic acid, in the center.
  - a phosphate derivative of ADP
  - β-mercaptoethylamine, which puts a reactive sulfhydryl group (—SH) at the end of the molecule (CoA—SH).
**Electron Transporters**

- Most of energy for ATP synthesis is released when the oxygen we breathe is reduced.
  - Oxygen accepts electrons and H\(^+\), producing water.
  - The electrons come from the oxidation of fuel molecules, but are not transferred directly to the oxygen.
  - These substrates first transfer the electrons to special coenzyme carriers.
    - The reduced forms of these coenzymes transfer the electrons to oxygen through the reactions of the electron transport chain.
    - ATP is formed from ADP and P\(_i\) as a result of this flow of electrons.

**Nicotinamide Adenine Dinucleotide (NAD\(^{+}\))**

- The reactive site of NAD\(^{+}\) is in the nicotinamide portion.
  - When oxidizing a substrate, the nicotinamide ring accepts two electrons and one proton, forming the reduced coenzyme NADH:

\[
\begin{align*}
NAD^{+} & \quad \text{nicotinamide} \\
NADH & \quad \text{nicotinamide + 2 electrons + 1 proton} \\
H & \quad \text{R + 2 electrons + 1 proton}
\end{align*}
\]

- Biochemical reactions involving coenzymes are often written more concisely:

\[
\begin{align*}
\text{R-C-H} & \quad \text{OH} \\
\text{NAD}^{+} & \quad \text{NADH + H}^{+}
\end{align*}
\]

- This notation emphasizes the oxidation reaction and the involvement of the coenzyme.

**Example: Biochemical Reactions**

- Write the following reaction in the normal form of a chemical equation:
Flavin Adenine Dinucleotide (FAD)

- Flavin adenine dinucleotide (FAD) is another major electron carrier. It is a derivative of ADP and the vitamin riboflavin.

- The active site is located within the riboflavin ring system. Unlike NAD\(^+\), FAD accepts both of the hydrogen atoms lost by the substrate, forming the reduced species FADH\(_2\).

- The substrates for reactions involving FAD are often those in which a \(-\text{CH} = \text{CH}\) portion of the substrate is oxidized to a double bond:

  - Complete the following reactions:

    \[
    \text{OOC-CH}_2-\text{CH}_2-\text{COO}^- + \text{FAD} \rightarrow \text{CH}_3-\text{CH}_2-\text{COO}^- + \text{NAD}^+ + \text{OH}
    \]

Flavin Adenine Dinucleotide (FAD)

Example: Biochemical Reactions

- Complete the following reactions:

  \[
  \text{H}_2\text{C} = \text{CH}_2 + 2\text{H}^+ + 2e^- \rightarrow \text{FADH}_2
  \]

The End