DOI:

ZNAČAJ MIKROELEMENATA U ISHRANI

THE IMPORTANCE OF MICROELEMENTS IN NUTRITION

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SAŽETAK

Mikroelementi, ili elementi u tragovima, predstavljaju grupu minerala koji su neophodni za pravilno funkcionisanje ljudskog organizma, iako se nalaze u veoma malim količinama. Iako se često koriste različiti vitaminske i multimineralne dodaci, mnogi ne obraćaju dovoljno pažnje na mikroelemente. Ljudskom organizmu je potrebno oko 72 različita mikroelementa, kako bi bio u stanju da održava svoje fiziološke procese u ravnoteži. Međutim, većina tih elemenata nije prisutna u dovoljnoj meri u zemljištu ili hrani koju svakodnevno unosimo, zbog čega se često ne zadovoljavaju potrebe organizma.

Većina mikroelemenata se nalazi u nekim vrstama ribe i morskih plodova. Na primer, mnogi od ovih elemenata, poput joda, selena i cinka, mogu se pronaći u ribama i plodovima mora. Za osobe koje ne konzumiraju morske plodove, dodatni izvori ovih elemenata mogu biti kvalitetni multimineralni suplementi. Na taj način, mikroelementi mogu pomoći u očuvanju zdravlja i povećanju fizičkih i mentalnih sposobnosti, naročito među sportistima i osobama sa intenzivnim fizičkim aktivnostima.

Mikroelementi imaju značajan uticaj na zdravlje organizma. Iako ih unosimo u malim količinama, njihova uloga u biološkim procesima je neprocenjiva. Na primer, gvožđe je ključno za transport kisika kroz krvotok, a njegov nedostatak može dovesti do umora i smanjene energičnosti. Nedostatak joda može izazvati probleme sa štitnom žlezdom i mentalnim sposobnostima, dok manjak cinka može ometati imuni sistem i zarastanje rana. Hrom, sa druge strane, igra ključnu ulogu u metabolizmu glukoze, a njegov deficit može doprineti razvoju dijabetesa tipa 2.

Pored toga, mikroelemenati imaju i dugoročan uticaj na zdravlje, uključujući potencijalnu povezanost sa dužinom života. Neke studije sugerišu da određeni mikroelementi mogu smanjiti rizik od hroničnih bolesti i usmeriti organizam ka optimalnom funkcionisanju. Na primer, selen se smatra važnim za zaštitu od oksidativnog stresa, koji može oštetiti ćelije i dovesti do nastanka različitih bolesti. Zbog toga je neophodno obratiti pažnju na unos mikroelemenata kroz ishranu ili suplemente.

Nažalost, moderna proizvodnja hrane često uključuje metode koje smanjuju količinu mikroelemenata u namirnicama. Procesi poput industrijskog uzgoja, čuvanja hrane i njene obrade mogu ukloniti mnoge od ovih važnih nutrijenata. Zbog toga je unos kvalitetnih vitaminskih i mineralnih dodataka postao potreban, kako bi se kompenzovali nedostaci u ishrani i obezbedilo optimalno zdravlje.

Zaključno, mikroelementi igraju nezamenjivu ulogu u zdravlju i fizičkim sposobnostima, a njihov deficit može dovesti do različitih zdravstvenih problema. S obzirom na to da savremeni načini obrade hrane mogu smanjiti njihov sadržaj, upotreba dodataka postaje važna kompenzacija za ostvarivanje optimalnog zdravlja.

ABSTRACT

Microelements, or trace elements, represent a group of minerals that are necessary for the proper functioning of the human body, although they are found in very small amounts. Although various vitamin and multimineral supplements are often used, many do not pay enough attention to microelements. The human body needs about 72 different microelements in order to be able to maintain its physiological processes in balance. However, most of these elements are not present in sufficient quantities in the soil or in the food that we consume every day, which is why the body's needs are often not met.

Most trace elements are found in some types of fish and seafood. For example, many of these elements, such as iodine, selenium and zinc, can be found in fish and seafood. For people who do not consume seafood, additional sources of these elements can be high-quality multimineral supplements. In this way, microelements can help preserve health and increase physical and mental abilities, especially among athletes and people with intense physical activities.

Microelements have a significant impact on the health of the body. Although we ingest them in small amounts, their role in biological processes is invaluable. For example, iron is crucial for the transport of oxygen through the bloodstream, and its deficiency can lead to fatigue and reduced energy. Iodine deficiency can cause problems with the thyroid gland and mental abilities, while zinc deficiency can interfere with the immune system and wound healing. Chromium, on the other hand, plays a key role in glucose metabolism, and its deficiency can contribute to the development of type 2 diabetes.

In addition, micronutrients also have long-term effects on health, including a potential link to longevity. Some studies suggest that certain micronutrients can reduce the risk of chronic diseases and direct the body towards optimal functioning. For example, selenium is considered important for protection against oxidative stress, which can damage cells and lead to various diseases. Therefore, it is necessary to pay attention to the intake of microelements through nutrition or supplements.

Unfortunately, modern food production often includes methods that reduce the amount of trace elements in foods. Processes such as industrial farming, food storage and processing can remove many of these important nutrients. Therefore, the intake of high-quality vitamin and mineral supplements has become necessary, in order to compensate for nutritional deficiencies and ensure optimal health.

In conclusion, microelements play an irreplaceable role in health and physical abilities, and their deficit can lead to various health problems. Given that modern food processing methods can reduce their content, the use of supplements becomes an important compensation for achieving optimal health.

Key words: microelements, health, nutrition, supplementation