

### Foods and Digestion

FOOD	MACRONUTRIENT THAT NEEDS TO BE DIGESTED (tested on this column)	WHY the plant or animal puts it there ( <b>not tested on this column unless *</b> )	WHAT IS ABSORBED INTO VILLI ( <b>tested</b> on this column)
Table Sugar	<b>sucrose</b>	energy for the developing beet or sugarcane	<b>Glucose &amp; fructose</b>
Butter		energy and EFAs for growing cow	
Soybean oil or other oils from seeds		energy and EFAs for developing sprout	
Milk	<i>Lactose</i>	energy for growing calf	<i>Glucose &amp; Galactose</i>
	<i>Triglycerides</i>	energy and EFAs for growing calf	<i>Fatty Acids &amp; Glycerol</i>
	<i>Protein</i>	AAs for growing calf	<i>Amino Acids</i>
Meat like chicken, fish, beef		energy for muscle cells	
		AAs for building proteins for the animal	
"Meat" group like eggs		energy for developing chick	
		AAs to build chick	
"Meat" group like pinto beans (a legume)	<b>starch</b>	energy for the developing sprout	<b>glucose</b>
		AAs for the developing sprout to build proteins	
Vegetables like spinach		gives it structure & helps leaf function	
Vegetables like peas	<b>starch</b>	* will someday be a seed	<b>glucose</b>
		AAs to build seed	
Fruit like apples	<b>sucrose</b>	* sweetness to attract	<b>Glucose &amp; fructose</b>
Bread, rice, pasta (whole or not whole)	<b>starch</b>	* energy for the developing sprout	<b>glucose</b>
		AAs for the developing sprout to build proteins	
<b>Other nutrients that are NOT enzymatically digested</b>	Soluble fiber	to retain moisture	<i>Nothing</i>
	Insoluble fiber	structure	<i>Nothing</i>
	Cholesterol	to help animal make bile, vit. D etc.?	<i>Cholesterol</i>
	Vitamins & Minerals	many functions in the plant & animal	Vitamins & Minerals
<b>NONNUTRIENTS</b>	Phytochemicals Zoochemicals	attract, protect, resist	Phytochemicals Zoochemicals