

A Brief Note on Nutrition Related to Animals

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Editorial Note

Macronutrients (excluding fibre and water) provide structural and metabolic material (amino acids, which are used to make proteins, and lipids, that are used to make cell membranes and some signaling pathways). Internally, some of the structural material can be used to generate energy, though the net energy depends on elements like absorption and digestive effort, which vary greatly from one case to the next. Carbon, hydrogen, and oxygen atoms build up the sample of carbohydrates and fats. Simple monosaccharide's (glucose, fructose, and galactose) to complex polysaccharides are all types of carbohydrates (starch). Triglycerides are triglycerides that are composed of various fatty acid monomers linked to a glycerol backbone. Some, but not all, fatty acids are required in the diet because they cannot be produced by the body. In addition to carbon, oxygen, and hydrogen, protein molecules contain nitrogen atoms.

Nitrogen-containing amino acids are composed of protein. Animals are still unable to produce essential amino acids. Some amino acids can be converted to glucose (at a cost of energy) and used for energy production in the same way as regular glucose can. Internally, some glucose can be created by breaking down existing protein; the remaining amino acids are eliminated, primarily as urea in urine. This happens only when a human is starved for a long time. Other dietary components present in plant foods (phytochemicals, polyphenols) are not divided into basic nutrients, but they appear to have a good or detrimental impact on health. Most foods are made up of a combination of some or all of the nutritional groups, as well as other chemicals. Some nutrients (such as fat-soluble vitamins) can be stored internally, whereas others are required on a regular basis.

A lack of required nutrients, or extreme circumstances, too much of a required nutrient, can lead to poor health. For example, both salt and chloride are important nutrients, but in large amounts, they can

cause disease or even death. Dietary fiber is a carbohydrate (polysaccharide or oligosaccharide) that is absorbed unsustainably by some mammals. Many animal body structures are made up of proteins (e.g. muscles, skin, and hair). They also make enzymes, which mediate chemical reactions all over the body. Each molecule is made up of amino acids, which are distinguished by the presence of nitrogen and in certain cases. Amino acids are required by the organism for the production of new proteins (protein retention) and the replacement of damaged proteins (maintenance). Because there is no protein or amino acid store in the body, amino acids must be taken.

Excess amino acids are removed, usually through the urine. Some amino acids are necessary (an animal cannot make them internally) and others are non-essential for all species (the animal can produce them from other nitrogen-containing compounds). In specific instances, such as during early growth and maturation, pregnancy, nursing, or injury, a diet strong in amino acids (especially essential amino acids) is extremely necessary (a burn, for instance). Vitamin deficiency can cause health issues. Huge levels of various vitamins (particularly vitamin A) can be harmful to one's health, and animal nutritionist have been able to define safe quantities for some common companion animals. Mineral deficiency or excess can have major health consequences.

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