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Time taken for digestion of meat-rich meal versus those rich in vegetable and whole grains

Digestion is a process where the body breaks down food into smaller particles to absorb them into the bloodstream. Complete digestion of food takes anywhere between 24 hours to 72 hours and depends on different factors. This factors includes gender, type of food taken and presence of digestive tissues. Some facts about digestion is that it starts in the mouth, then to stomach where it is mixed with stomach acid and then to the small intestines where the food remnants are exposed to digestive juices, bile and enzymes from the pancreas and liver.

Based on our topic, meat-rich meal and fish-rich meals takes 2 days to be fully digested. This is due to high amount of proteins and fats which contains molecules that longer for the body to pull apart. By contrast , vegetables which are high in fiber czn move through the body in less than a day. Compared to fruits, vegetables takes longer transit time. However lettuce,cucumber,peppers,tomatoes and other vegetables containing a lot of water will just need just around 30 minutes to leave the stomach.

**Conclusion** is that meat rich-meal takes more time to digest than vegetables and whole grains.

Research for transit times for various types of food

Cereals have a transit time of less than 48 hours. Fibers are known to speed transit time. Cereals and vegetable fiber groups had comparable effects on focal weight; both contribute to it more than in fruits fibers.

Simple carbohydrates such as rice and simple sugars takes an average between 30 to 60 minutes in the stomach. But if someone puts a thick layer of peanut butter on toast or a layer of avocado and eggs, it can take upwards of between 2 hours to 4 hours.

Certain root tubers like turnip, beetroot,sweet potatoes and carrots takes 1 hour. Other foods such as corn, yams, chestnuts and winter squash also takes a transit time of 1 hour.

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