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## Nutritional Value of Food

### Vitamins

Vitamins are organic compounds which means it contains carbon that are essential in very small amounts for supporting normal physiologic function, necessary to maintain normal health, growth and nutrition. We need vitamins in our diets, because our bodies can't synthesize them quickly enough to meet our daily needs. It may be noted that vitamins are not used in building cells or as energy source, but they act as catalysts in biological processes, their deficiency causes serious diseases. It enhances the metabolism of carbohydrates, proteins and fats. Vitamins are required for growth in children, formation of hormones, blood cells, tissues and bones. Vitamins cannot be synthesised/produced by the human body thus; our diet must contain vitamins.

There are 13 vitamins that are essential to your body working well. Unlike other nutrients, vitamins are used in very small amounts, but their presence in the diet is very important. A balanced diet, therefore, must contain all these vitamins because deficiency of any of these vitamins may cause a disease. The water-soluble vitamins are readily excreted in the urine; toxicity as a result of overdose is therefore rare. However, with few exceptions, the water-soluble vitamins are not stored in large amounts, and therefore must be continually supplied in the diet. In contrast, the fat-soluble vitamins are less readily excreted, and are deleterious (and possibly lethal) in high doses. Many of the fat-soluble vitamins are stored; for example, most well-nourished individuals have a three-month supply of vitamin D.

### Biography

Sudha Bansode is a Professor in Zoology at Shankarrao Mohite College Akluj. Maharashtra state India. Recently she has been achieved Doctor of Science degree & previously she has been completed Post-Doctoral Research at University of California, USA. She is an active Researcher & Passionate teacher, Reviewer of several International Journals. Still, she has been published above 62 research papers in many reputed International Journals. She has an honour of Distinguished Editorial Board Member of several reputed International Journals. She is a own author of Text Book of Histological Techniques' & "Outlines of Physiology" reference books. Currently also she is working on another one reference book on "Rhythms in Freshwater Crustaceans". She is a recognized University Research Guide for Ph.D. students at Solapur University Solapur

Since she is a invited International Speaker of Oxford Symposium on 27-29 August 2014 at Ballial College Oxford at United Kingdom, Cell Signalling & Cancer Therapy on 27-28 September at Double tree Hilton Chicago USA. Genetics, Cell & Gene Therapy on August 2018 at Amsterdam Netherlands, Los Angeles, USA, Las Vegas USA, Sweden, Spain, Canada, Thailand, Sri Lanka Dubai etc. As she has been delivered speech as keynote speaker of many International Conferences at several countries. Her recent intellectual Interaction is with many International Professional working as a member of World Women's Association". Presently she is a member Organizing Committee Member, Advisory Committee Member of Global International Conferences.