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Carbohydrates are the first nutrients broken down. It starts in the mouth with saliva and ends in the rectum. Describe peristalsis. The muscles of the esophagus contract and relax creating a series of wavelike movememts that force the food into the stomach. Where do proteins and fats break down? Describe this process and the end result.

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Nutrients at Work : Chapter 5 by Margaret Halbe

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