

## Monitoring of nutrition by blood metabolites

**Leilson Rocha Bezerra**  
Federal University of Piauí, Brazil

The determination of serum metabolites as hematological or metabolic profile provides a quick and accurate response of an individual or a group on your diet and your nutritional status, since the blood reflects effectively the available amount of a nutrient in the organism. However, it is noteworthy that there are variations in the blood concentrations of nutrients, being influenced by age, race (in the case of animals), physiological state (with a more pronounced concern when it comes to young, pregnant and postpartum), climate, time of year, among others, which makes it difficult to obtain a comparison pattern capable of ensuring better interpretation of results. The physiological response searched by metabolic or hematological profile has been studied intensively, although the number of measurable variables in these profiles is very large, and in practice it is chosen to parameters that has knowledge about the physiology and biochemistry, which allows for interpretation of results. Thus, it is important to monitor metabolic and expanding the number of variables to be measured in order to reduce and even prevent nutritional problems which may result in serious pathologies that can lead to death. Thus, the dosage of serum concentrations of nutrients and monitoring of blood counts are efficient tools and now widely used in human and animal nutrition.

### Biography

Leilson Rocha Bezerra has completed his Ph.D. at the age of 26 years from Federal University of Paraiba, Brazil and studies from Federal University of Piauí (FUPI), Veterinary Medicine and Zootecnie. He is the director of Experimental Farm Alvarado of Gurguéia of FUPI, and research in nutrition and animal metabolism. He has published more than 10 papers in journals and serving as a reviser member of repute.