

Various Nutrients Do For Our Body



Carbohydrates:

They are called energy-giving food. The major forms of carbohydrates in foods are sugar and starch and it comes from cereals like wheat and rice.

Example: Wheat, rice, maize, potatoes, sweet potato, sugar, jaggery, banana, mango, melon, and papaya.



Fats:

Like carbohydrates, fats also provide energy to our body. Fats give much more energy as compared to carbohydrates.

Example: Butter, ghee, milk, cheese, oil, egg yolk, etc.



Proteins:

Proteins are needed for the growth and repair of our bodies. Proteins rich foods are called body-building food.

1. Plant sources of Proteins

Example: Soybeans, peas, almond, gram, moong, etc





2. Animal sources of Proteins

Example: Milk, cheese, egg, fish, meat, etc.



Vitamins:

Vitamins are a group of nutrients that are needed by the body in small quantities. Vitamins help in protecting our bodies against diseases. There are different vitamins and it is represented by the alphabet.

Example: Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin K.

A group of vitamins B₁, B₂, B₆, and B₁₂ are together known as vitamin B- complex.



Minerals:

Like vitamins, minerals are also needed by our body in small quantities. Minerals are needed by our body for proper growth and for maintaining good health.

Some important minerals needed by the body are Calcium, iodine, iron, phosphorus, sodium, and potassium.

Sources of calcium	Milk, eggs, green leafy vegetables, fish.
Sources of iodine	Sea food, iodised salt.
Sources of iron	Spinach, green leafy vegetables, eggs, apples.
Sources of phosphorus	Milk, banana, pulses.



Roughage:

Dietary fibres are known as roughage. Roughage does not provide any nutrient to our body, but it is essential component of our food. Roughage is fibrous material present in food which cannot be digested.

Example: Whole grains, pulses, potatoes, fresh fruits and vegetables.

Functions of roughage:

1. Adds bulk to food.
2. It helps to digest food and absorbs nutrients.
3. It helps our body to get rid of undigested food.

