

## Function of Nutrients



### Carbohydrates

Carbohydrates are one of the main types of nutrients. They are the most important source of energy for your body. Your digestive system changes carbohydrates into glucose (blood sugar). Your body uses this sugar for energy for your cells, tissues and organs. It stores any extra sugar in your liver and muscles for when it is needed.

Mainly provide energy to our body.



### Carbohydrates

Mainly they provide instant energy to our body. Glucose is present in the form of starch and sugar.

**Sources of carbohydrates are given below:**

1. Rice
2. Wheat
3. Potato and sweet potato
4. Maize and sugar cane



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### Proteins

Proteins are needed for the growth and repair of our body. They are called body building food.

Protein is an important component of every cell in the body. Hair and nails are mostly made of protein. Your body uses protein to build and repair tissues.

You also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood.



### Milk

Milk is very nutritious and is a rich source of protein. It also contains calcium for healthy bones. Egg: Chicken eggs are a rich source of protein and vitamins.



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### Meat

Meat of animals such as goat, chicken, fish and prawns are eaten.



### Pulses

Pulses are part of a healthy, balanced diet and have been shown to have an important role in preventing illnesses such as cancer, diabetes and heart disease. Pulses are a low fat source of protein.



### Paneer

Paneer is called as cottage cheese.



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### **Fats-stored food**

The foods we eat contain nutrients that provide energy and other substances the body needs. Most of the nutrients in food fall into three major groups: proteins, fats, and carbohydrates. The body uses fat as a fuel source, and fat is the major storage form of energy in the body.

Obesity is generally caused by eating too much and moving too little. If you consume high amounts of energy, particularly fat and sugars, but do not burn off the energy through exercise and physical activity, much of the surplus energy will be stored by the body as fat.



### **Vitamins**

Vitamins help in protecting our body against diseases.

They also keep our eyes, bones teeth and gums healthy.

Some of vitamins are soluble in water whereas others are soluble only in fats or oils, so, on the basis of their solubility, all the vitamins can be divided into two classes or two groups; water soluble vitamins and fat soluble vitamins.

#### **Water soluble vitamins and fat soluble vitamins.**

1. Water soluble vitamins are;- vitamin B-complex and Vitamins C
2. Fat soluble vitamins are; - Vitamin-A, Vitamin-D, Vitamin-K Vitamin-E Called pernicious anemia. The various source of this vitamin are: meat, liver milk & eggs etc.





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### Vitamin A

Is a fat-soluble vitamin that is good for healthy vision, skin, bones and other tissues in the body. Vitamin A often works as an antioxidant, fighting cell damage, but it also has many other uses.

Sources of Vitamin A are Meat, Egg & Cheese, Carrots, Squash, Fish, Mangoes, Sweet potato, Broccoli, Apricots, Peaches, Melon, Avocado etc.



### Vitamins B

Vitamins B play a vital role in maintaining good health and well-being. As the building blocks of a healthy body, B vitamins have a direct impact on your energy levels, brain function, and cell metabolism. Vitamin B complex helps prevent infections and helps support or promote: cell health. eg- fish, egg, banana.



### Vitamin C

The body uses vitamin C in many different ways. Vitamin C is needed by the body to form collagen. According to the NIH, the body also uses vitamin C to make skin, tendons, ligaments and blood vessels. It also uses this vitamin to repair and maintain cartilage, bones and teeth, to heal wounds and to form scar tissue. ex- lemon, orange, pineapple, papaya etc.



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### Vitamin D

Vitamin D is a group of fat-soluble secosteroids responsible for increasing height intestinal absorption of calcium, magnesium, and phosphate, and multiple other biological effects. Examples- Cheese, Margarine, Butter, Fortified Milk, Healthy Cereals, Fatty Fish etc.

The body makes vitamin D when it is exposed to Ultraviolet (UV) rays from the sun.



### Vitamin E

Vitamin E oil is an ingredient in many skincare products; especially those that claim to have anti-aging benefits. Olive Oil, Coconut Oil, Sunflower Oil, Broccoli, Kale, Spinach, Avocado, Almonds, Peanuts etc.



### Vitamin F

Vitamin F supplements may prevent coronary heart disease support lower the risk of cancer.

Cucumber, grapes, kiwi etc.



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### Minerals

Minerals are required in small amounts in our body. They are essential for proper growth of body and for maintaining good health.



### Water

Half of our weight is water.

1. Enables you to swallow and digest foods.
2. Absorb other nutrients, and eliminate wastes.
3. The typical suggestion is we must drink 6-8 glass of water every day.



### Roughage

Roughage does not provide any nutrients to our body but it is an essential ingredient of our food as it helps our body to get rid of un digested food.

