

FUNCTIONS OF FOODS



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Based on the functions they perform, the foods are classified in to three groups .

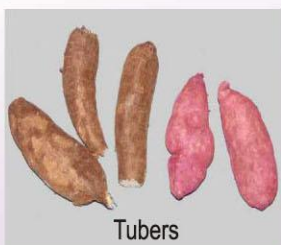
- 1. Energy yielding foods**
- 2. Body building foods**
- 3. Protective foods**

Carbohydrates, fats and proteins are called macronutrients since, they are needed by our body in larger quantities.

Macronutrients

1. Energy yielding Foods

Energy yielding foods are those, which provide energy to the body for normal functions and for other metabolic activities.



Tubers

E n e r g y yielding foods include mainly cereals (Rice, W h e a t and Tubers etc) and millets (Jowar, Bajra, finger millet

etc..) and also fats & oils.

The chief source of energy is "Carbohydrate", which is present in cereals and millets

1gm of Carbohydrate provides 4 Kcal of energy

1gm fat provides 9 kcal of energy

Cooking oils provide EFAs (Linoleic N-6 and-alpha Linolenic N3),



Human body cannot synthesize Essential Fatty Acids (EFA's), which are needed by our body

2. Body Building Foods

Body building foods are those which help in building of the tissues and muscles and which give shape to our body

Body building foods include variety of pulses, animal foods, fish, eggs and milk



Body building foods provide proteins.



Proteins provide essential amino acids, which human

body does not synthesize

1gm protein provides
4 Kcal of energy

Proteins provide resistance against diseases as the antibodies are proteins and are needed to fight infections in human body.



Similarly proteins are helpful in developing digestive enzymes

Proteins are important component of the blood 'Haemoglobin'. 'Heam' refers to iron where as 'globin' refers to protein

Micronutrients

Some nutrients are needed by the body in very small quantities, hence, these nutrients are referred to as 'micronutrients'.

3. Protective Foods

- ☐ Protective foods are those which give protection to human body against degenerative diseases such as diabetes, cardiovascular diseases etc.
- ☐ Protective foods include variety of greens, vegetables and fruits.



Protective foods provide vitamins and minerals, which are essential for the

upkeep of our health.

- Green leafy vegetables, (carrot, papaya and ripe mangoes) and fruits are rich in



beta carotene (Vitamin A) and fibre.

- Fruits contain most of the essential micro-nutrients.

Balanced Diet

- ★ Inclusion of all the foods belonging to the above mentioned three groups in proper proportions is referred to as balanced diet.



- ★ About sixty percent of the energy

★ should be derived from carbohydrates.

★ 10- 15 % of energy should be drawn from proteins.

20-25% energy should be derived from fats and oils.

PROTEIN RICH FOODS

| | |
|------------------------------|-------------|
| Soya beans | 43.2 |
| Groundnut, Cashew nut | 25.0 |
| Fish | 20.0 |
| Mutton | 21.0 |
| Milk | 4.3 |
| Egg | 13.3 |



This was developed as part of the project:
Assessment of nutrition knowledge and impact of nutrition education related maternal health on adolescent girls in urban slums of Hyderabad.

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