Food  
   
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Food is any substance consumed by an organism for nutritional support. Food is usually of plant,  
animal, or fungal origin and contains essential nutrients such as carbohydrates, fats, proteins, vitamins,  
or minerals. The substance is ingested by an organism and assimilated by the organism's cells to  
provide energy, maintain life, or support growth. Different species of animals have different feeding  
behaviours that satisfy the needs of their metabolisms and have evolved to fill speci