

NUTRIENTS IN THE FOOD

We need nutrients for healthy living and the proper functioning of the organs.

The nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals.

Carbohydrates are present in most of the foods we eat. Carbohydrates give energy to the body.

Proteins are body building foods. It builds, maintains and repairs tissues in our body.

Fat is a source of energy and essential fatty acids that our body needs to maintain health and wellness. It is also used in our bodies as insulation to keep us warm, protect our vital organs and to carry fat-soluble vitamins.

Fruits and vegetables provide vitamins, minerals, dietary fibre and many phytonutrients which protect our body against diseases. Milk and milk products are important in our daily diet as it contains essential nutrients like proteins, fats, carbohydrates, Calcium, Potassium, Magnesium and Zinc.

