

Classes Of Food

carbonhydrates

It is one of the 7 classes of food. This is made up of carbon, hydrogen and oxygen. Carbohydrates are a major source of energy of our body, and they come mainly from grains, such as rice and noodles.

1. rice
2. yam
3. maize
4. potatoes
5. bread





protein

Protein is one of the organic foodstuffs, with its end product of digestion as amino- acids. It is found in both plant and animal food.

1. fish
2. meat
3. egg
4. cheese
5. milk





fat

Most of the fats in our diet come from animal while most of the oil come from plant, oil is liquid while fat is solid at room temperature

1. vegetable oil
2. cream
3. butter
4. palm oil
5. groundnut oil





vitamins

Vitamins are essential substance necessary for body maintenance and good health.

1. fish
2. carrot
3. butter
4. liver
5. cheese



fiber

Fiber-rich foods have a mix of different fiber types. Some fiber helps keep stool moving in the large intestine.

1. fruits
2. vegetables
3. grains
4. beans
5. peas





minerals

Minerals are very important because the body needs them for normal development and for regulation of metabolic process. The principal mineral includes calcium, iron, sodium, iodine, phosphorous, fluorine.

1. vegetables
2. eggs
3. beans
4. liver
5. sea food





water

Water is classified as a beverage or a liquid. While it does not provide any significant caloric content or nutrients like proteins, fats, or carbohydrates, it plays a crucial role in maintaining hydration, aiding digestion, and facilitating various bodily function.

- broccoli
- cucumber
- lettuce



