

Classes of Food

Carbohydrates

Carbohydrates are organic compounds of carbon, hydrogen, and oxygen atoms

Carbohydrates can be further divided into two types: simple carbohydrates (found in sugar, honey, and fruits) and complex carbohydrates (found in whole grains, vegetables, and legumes).

- Wheat
- Rice
- Oat
- Potatoes
- Beans





Protein

Proteins are complex molecules made up of smaller units called amino acids. There are 20 different amino acids, and the sequence and arrangement of these amino acids determine the structure and function of proteins.

- Meat
- Poultry
- Egg
- Fish
- Milk





Fats

Fats are a type of lipid, consisting of carbon, hydrogen, and oxygen atoms. They are composed of fatty acids and glycerol.

Fats are the most concentrated source of energy in the diet, providing more than twice the energy per gram compared to carbohydrates and proteins.

- Avocado
- Olive oil
- Nuts
- Seeds
- Dairy products





Vitamins

Vitamins are organic compounds required in small amounts for various bodily functions. They can be classified into water-soluble and fat-soluble vitamins.

- Fruits
- Vegetable oil
- Meat
- Whole grains
- Dairy products



Minerals

Minerals are inorganic substances required in small amounts for various physiological processes in the body.

Minerals such as sodium, potassium, and magnesium are involved in nerve transmission and muscle contraction.

- Dairy products
- Leafy green vegetables
- Meat
- Whole grains
- Fish



Water

Coffee

Coffee is a beverage brewed from roasted coffee beans. Darkly colored, bitter, and slightly acidic, coffee has a stimulating effect on humans, primarily due to its caffeine content. It has

the highest sales in the world market for hot drinks.

Pineapple Juice

Pineapple juice is a juice made from pressing the natural liquid out from the pulp of the pineapple (a fruit from a tropical plant). Numerous pineapple varieties may be used to manufacture commercial pineapple juice, the most common of which are Smooth Cayenne, Red Spanish, Queen, and Abacaxi. In manufacturing, pineapple juice is typically canned. It is used as a single or mixed juice beverage, and for smoothies, cocktails, culinary flavor, and as a meat tenderizer. Pineapple juice is a main ingredient in the piña colada and the tepache.

Ice Tea

Iced tea (or ice tea)[1] is a form of cold tea. Though it is usually served in a glass with ice, it can refer to any tea that has been chilled or cooled. It may be sweetened with sugar or syrup. Iced tea is also a popular packaged drink that can be mixed with flavored syrup such as lemon, raspberry, lime, passion fruit, peach, orange, strawberry, and cherry.[





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