



NUTRITION

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HEALTH

BY

TANISHK GAUR

AND

KAVYA TALREJA

Health and Nutrition

- Good nutrition is one of the keys to a healthy life. You can improve your health by keeping a balanced diet. You should eat foods that contain vitamin and minerals. This includes fruits, vegetables, whole grains, dairy and a source of protein.

* Carbohydrates

- Carbohydrates, or carbs, are sugar molecules. Along with proteins and fats, carbohydrates are one of three main nutrients found in foods and drinks.

Your body breaks down carbohydrates into glucose. Glucose, or blood sugar, is the main source of energy for your body's cells, tissues and organs.

* Fats

- Fats are also called 'fatty acids' or 'lipids'. Fats in our body are made up of three molecules joined together. This three molecules structure is called a "triglyceride".

Most of the fat we need is made by our bodies, but there are some fats our bodies cannot make. We can only get these fats by eating them. These fats are called "essential" fats because it is essential that we get them from food. Essential fats include Omega-3 fats [found in food such as fish and flax seeds] and Omega-6 fats [found in foods such as nuts, seeds and corn oil].

* Minerals

- Minerals is a naturally occurring inorganic solid with a definite chemical composition and a crystalline structure.

The earth is composed of mineral elements, either alone or in a myriad of combinations called compounds. A mineral is composed of a single element or compound. By definition, a mineral naturally inorganic substance.

* Water

- Water is made of tiny molecules of hydrogen and oxygen. Pure water has no colour, no taste and no smell. Water exists in three forms on the earth solid, liquid and gas. Eg:- ice, rain and steam.

PROTEIN

A Protein is a naturally occurring, extremely complex substance that consists of amino acid residues joined by peptide bonds. Proteins are present in all living organisms and include many essential biological components such as enzymes, hormones, and antibiotics.

COMPONENT

Proteins are organic molecules composed of carbon, hydrogen, oxygen, and nitrogen.

SOURCE

- ① Skimless, wheat-meat Poultry
- ② Skim or low-fat milk
- ③ Eggs
- ④ Lean Pork
- ⑤ Beans
- ⑥ Lean beef.

IMPORTance

- ① Build. Protein is an important building block of bones, muscles, cartilage, skin.
- ② Repair. Your body uses it to build and repair tissue.
- ③ Oxygenate.
- ④ Digest.
- ⑤ Regulate.

DISEASES

The Risk of developing chronic disease including some cancer, heart disease, diabetes, osteoporosis and depression.

VITAMIN

Vitamins are substances that our bodies need to develop and function normally. They include Vitamin A, C, D, E and K and the B Vitamins C thiamin, Riboflavin, niacin, Panthoic acid, biotin Vitamin B6 Vitamin B12 and folic acid.

COMPONENT

- 1) B₆ = Thiamin, Riboflavin, niacin,
- 2) B₁₂ = folic acid, Vitamin
- 3) Vitamin C = Panthoic acid, biotin

SOURCE

- ① Skinless, white-meat Poultry
- ② Skim or low-fat milk
- ③ Eggs
- ④ Lean Pork
- ⑤ Beans
- ⑥ Lean Beef.

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DIETARY FIBRE

Dietary fibre is found in whole grain cereals and fruit and vegetables. Fibre is made up of the indigestible part or components of plant, which pass relatively unchanged through our stomach and intestine.

Fibre is mainly a carbohydrate.

COMPONENT

- ① cellulose
- ② Pectin
- ③ Lignin
- ④ Starch
- ⑤ microorganisms.

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DISEASES

- swelling
- ① fatty liver
- ② skin degeneration
- ③ increase severity of infection
- ④ stunt growth in children.

FOOD PYRAMID

