

Nutrition

PoGeRt

What Is Nutrition?

The Process Of Providing Or
Obtaining The Food Necessary For
Health & Growth.

Source Of Nutrients



Energy Yielding Food

1. Carbohydrate
2. Fats



Carbohydrates :-



- ▶ Cereal grains
- ▶ Roots & Tubers
 - ▶ Honey
 - ▶ Malt
- ▶ Sugar cane
- ▶ Meat Product
- ▶ Some sea Food



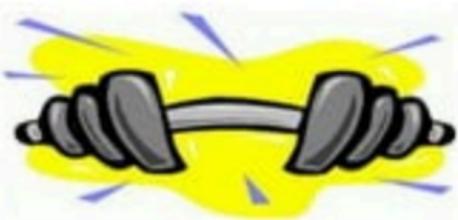
Fats :-



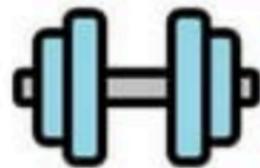
- ▶ Vegetable oil (Vanaspati)
- ▶ Coconut
- ▶ Milk & Milk Product
- ▶ Flesh Food
- ▶ Organ Meat



Body Building Food



► Protein



Protein :-

► Animal Protein :- Egg

Milk

Meat

Chicken

Fish



► Vegetable Protein :- Cereals

Rice

Wheat

Maize



Protective Food



1. Vitamin
2. Minerals



Vitamin :-

► Fat Soluble :- Vitamin A

Vitamin D

Vitamin E

Vitamin K



► Water Soluble :- Vitamin C

Vitamin B Complex

(B1, B2, B3, B6, B9, B12)

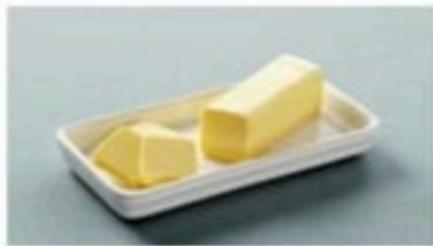
Vitamin A

► Green Leaf Vegetables

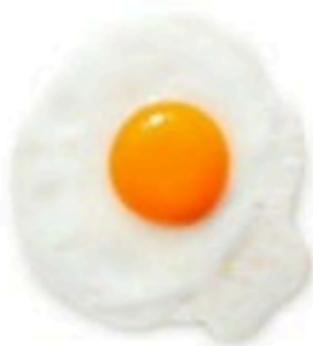
- Carrots
- Butter
- Curd
- Liver Oil
- Jack Fruit



Vitamin D



- ▶ Butter
- ▶ Yolk
- ▶ Cheese
- ▶ Milk
- ▶ Cabbage
- ▶ Spinach
- ▶ Liver Oil



Vitamin E



- ▶ Vegetable Oils
- ▶ Cereal Grains
- ▶ Sunflower Seeds
- ▶ Almond
- ▶ Egg Butter



Vitamin K

- ▶ Dark Green Leafy Vegetables
 - ▶ Seeds
 - ▶ Dairy & Meat Product



Vitamin B complex

Vitamin B₁ (Thiamine) :- Yeast

Whole Wheat

Millets

Rice

Soyabean

Cashewnuts

Egg



Vitamin B₂ (Riboflavin) :- Green Leafy Vegetable
Milk
Fish
Dried Yeast



Vitamin B₃ (Niacin) :- Rice Polishing
Peanuts



Vitamin B₁₂ (Cyanocobalamin) :- Liver
Mutton
Egg
Milk



Vitamin B₆ (Pyridoxine) :- Meat
Pulses
Wheat



* Cooking of food causes loss of Vitamin B₆

Vitamin B₉ (Folate/Folic acid) :-



Green Leafy Vegetables
Kidney
Gingelly Seeds (Til)
Cluster Beans (Gaur)

Vitamin C



- ▶ Citrus Fruits
 - ▶ Aamla
 - ▶ Guavava
- ▶ Cashew Fruits
 - ▶ Oranges
 - ▶ Tomatoes

Minerals :-



- ▶ Calcium
- ▶ Phosphorous
- ▶ Iron
- ▶ Selenium
- ▶ Zinc
- ▶ Iodine

Calcium & Phosphorus

- ▶ Calcium :- Ragi



Bengal Gram (Kala Chana)

Gingelly Seeds (Sesame/ Til)

Cumin Seeds (Jeera)

Poppy Seeds (Khaskhas)

Amaranth (Rajgira)

Drumstick Leaves



- ▶ Milk and milk products are good source of Calcium and Phosphorus

Iron



- ▶ Ragi
- ▶ Green Leafy Vegetable
- ▶ Dried Fruits
- ▶ Jaggery
- ▶ Liver
- ▶ Fish
- ▶ Egg
- ▶ Meat



Selenium

- ▶ Nuts
- ▶ Grains
- ▶ Vegetables
- ▶ Sunflower Seeds
- ▶ Wheat Bran
- ▶ Oat Bran
- ▶ Chicken
- ▶ Meat Product
- ▶ Lobster
- ▶ Mushroom



Zinc



- ▶ Meat
- ▶ Unmilled Cereals
- ▶ Legumes





Iodine

- ▶ Sea Foods
- ▶ Common salt (NaCl /Cooking salt)



Thank You For Watching.