

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

Millet

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.