

FUNCTIONS OF FOODS



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2007

Based on the functions they perform, the foods are classified in to three groups .

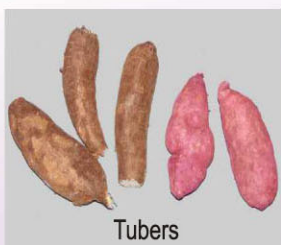
1. Energy yielding foods
2. Body building foods
3. Protective foods

Carbohydrates, fats and proteins are called macronutrients since, they are needed by our body in larger quantities.

Macronutrients

1. Energy yielding Foods

Energy yielding foods are those, which provide energy to the body for normal functions and for other metabolic activities.



Tubers

E n e r g y yielding foods include mainly cereals (Rice, Wheat and Tubers etc) and millets (Jowar, Bajra, finger millet

etc..) and also fats & oils.

The chief source of energy is "Carbohydrate", which is present in cereals and millets

1gm of Carbohydrate provides 4 Kcal of energy

1gm fat provides 9 kcal of energy

Cooking oils provide EFAs (Linoleic N-6 and-alpha Linolenic N3),



Human body cannot synthesize Essential Fatty Acids (EFA's), which are needed by our body

2. Body Building Foods

Body building foods are those which help in building of the tissues and muscles and which give shape to our body

Body building foods include variety of pulses, animal foods, fish, eggs and milk



Body building foods provide proteins.



Proteins provide essential amino acids, which human

body does not synthesize

1gm protein provides
4 Kcal of energy

Proteins provide
resistance against
diseases as the
antibodies are
proteins and are
needed to fight
infections in human
body.



Similarly proteins are helpful in
developing digestive enzymes

Proteins are important component of
the blood 'Haemoglobin'. 'Heam' refers
to iron where as 'globin' refers to
protein

Micronutrients

Some nutrients are needed by the body
in very small quantities, hence, these
nutrients are referred to as 'micronutrients'.

3. Protective Foods

- Protective foods are those which give
protection to human body against
degenerative diseases such as
diabetes, cardiovascular diseases etc.
- Protective foods include variety of
greens, vegetables and fruits.



Protective foods provide vitamins and minerals, which are essential for the

upkeep of our health.

- Green leafy vegetables, (carrot, papaya and ripe mangoes) and fruits are rich in



beta carotene (Vitamin A) and fibre.

- Fruits contain most of the essential micro-nutrients.

Balanced Diet

- ★ Inclusion of all the foods belonging to the above mentioned three groups in proper proportions is referred to as balanced diet.



- ★ About sixty percent of the energy

★ should be derived from carbohydrates.

★ 10- 15 % of energy should be drawn from proteins.

20-25% energy should be derived from fats and oils.

PROTEIN RICH FOODS

Soya beans	43.2
Groundnut, Cashew nut	25.0
Fish	20.0
Mutton	21.0
Milk	4.3
Egg	13.3



This was developed as part of the project:
Assessment of nutrition knowledge and impact of nutrition education related maternal health on adolescent girls in urban slums of Hyderabad.

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