



CHERRY GROUP



NUTRIENTS

THE ENERGY BOOSTERS





Definition

A **nutrient** is a chemical that an organism needs to live and grow or a substance used in an organism's metabolism which must be taken in from its environment. Nutrients are the substances that enrich the body.

They are used to build and repair tissues, regulate body processes and are converted to and used as energy..



Types of Nutrients

1. Protein

Proteins are essential for growth and maintenance of body tissues and for the production of substances such as hormones and enzymes which help to control

2. Carbohydrates

Carbohydrates are an ideal source of energy for the body. This is because they can be converted more readily into glucose, the form of sugar that's transported and used by the body, than proteins & fats.

3. Vitamins, minerals and trace elements

Vitamins, minerals and trace elements are required for numerous functions within the body and deficiencies can lead to serious health problems.

They are required in much smaller amounts than fats, carbohydrates and proteins and are therefore known as micronutrients.
many functions within the body.

4. Fats

Fats are needed to keep cell membranes functioning properly, to insulate body organs against shock, to keep body temperature stable, and to maintain healthy skin and hair.

SOURCES

Food Type	Nutrients Present	Powers
Cereal and millet	Major source of carbohydrate; also provides fat	Energy giving
Pulse, lentil and legume	Major source of protein; also provides fat and carbohydrate	Body building
Milk and its products	Major source of protein; also provides fat and carbohydrate	Body building, energy giving
Nut and oilseed	Major source of fat; also provides protein	Energy storing, body building
Fat and oil	Major source of fat	Energy storing
Vegetables	Major source of vitamins and minerals	Protective and regulatory
Fruits	Major source of vitamins and minerals	Protective and regulatory
Herbs, condiments and spices	Phytochemicals	
Meat, poultry and seafood	Major source of protein; also provide a significant amount of fat	Body building, energy storing

NUTRIENT DEFICIENCY DISEASES

■ PROTEIN DEFICIENCY DISEASES

1. MARASMUS
2. KWASHIORKAR

■ CARBOHYDRATE DEFICIENCY DISEASES

1. CHRONIC MULNUTRITION
2. KETOSIS

■ VITAMIN DEFICIENCY DISEASES

1. NIGHT BLINDNESS
2. BERIBERI

■ FATS DEFICIENCY DISEASES

1. MALABSORPTION SYNDROME
2. TROPICAL



THANK YOU

