

7. Nutrition and Diet

- Sources of **carbohydrates** - Wheat, potato, maize, sweet potato, etc.
- Sources of **proteins** - Pulses, milk, fish, meat, etc.
- Sources of **fats** - Oil, ghee, milk, butter, etc.
- Sources of **vitamins** -
 - **Vitamin A**: Carrot, papaya, fish oil, etc.
 - **Vitamin B**: Liver, wheat, rice, etc.
 - **Vitamin C**: Lemon, *amla*, tomato, etc.
 - **Vitamin D**: Milk, butter, eggs, fish, etc. Our body can also synthesize vitamin D in presence of sunlight
 - **Vitamin E**: Soyabeans, whole grain cereals, eggs, sprouts etc.
- Sources of **minerals** -
 - **Iodine**: Spinach, ginger, fish, etc.
 - **Iron**: Spinach, apple, liver, etc.
 - **Calcium**: Eggs, milk, etc.
 - **Phosphorous**: Milk, banana, wheat, rice, etc.
- **Dietary fibres**
 - Dietary fibres are also known as roughage.
 - Source of dietary fibres is plants material like potatoes, fresh fruits, and fibrous vegetables, etc.
 - Roughage helps our body get rid of undigested food.
- **Nutrients**
 - The components required by our body are known as **nutrients**.
 - They give us the energy to carry out various life processes like respiration, growth, movement, nutrition, etc.
 - Major nutrients present in our food are **carbohydrates, proteins, fats, vitamins, and minerals**.
 - There are two types of vitamins: **fat-soluble** (vitamin A, D, E, and K) and **water-soluble** (vitamin B and C)
 - In addition, dietary fibres and water are also required by our body.
- **Functions of major nutrients**
 - Carbohydrates and fats are known as energy giving foods.
 - Proteins are required for growth and repair of our body.
 - Fats help in energy production and helps in smooth functioning of joints.
 - The food items containing proteins are known as body building foods.
 - Vitamins and minerals help in protecting our body against diseases.
- The bacterias that are good for our health are called **probiotics**.

All the nutrients required by our body in the right quantities constitute a balanced diet. It should also contain a good amount of roughage and water.

Deficiency of a particular nutrient can lead to a deficiency disease.

- **Disorders** caused by deficiency of vitamins and minerals
 - Deficiency of Vitamin A - **Night blindness**
 - Deficiency of Vitamin B1 - **Beriberi**
 - Deficiency of Vitamin C – **Scurvy (bleeding gums)**
 - Deficiency of Vitamin D - **Rickets**



- Deficiency of Iron - **Anaemia**
- Deficiency of Iodine - **Goitre**
- Deficiency of Calcium – **Weak bones and teeth**
- **Carbohydrates, fats and proteins**
 - Sources of **carbohydrates** - wheat, potato, maize, sweet potato, etc.
 - Sources of **proteins** - pulses, milk, fish, meat, etc.
 - Sources of **fats** - oil, ghee, milk, butter, etc.
 - Deficiency of proteins – kwashiorkor characterized by oedema, matchstick legs, bulging eyes, etc.
- **Deficiency of proteins and carbohydrates** – marasmus characterized by total disappearance of fat layer, thin and wrinkled skin, retarded physical and mental growth.

Balanced diet

- All the nutrients required by our body in the right quantities constitute a **balanced diet**. It should also contain a good amount of roughage and water.
- The representation of the optimal number of servings of food so as to get a balanced diet is known as **food pyramid**.
- The food should be cooked properly so that its nutrients are not lost.
- Washing vegetables and fruits after cutting or peeling them may result in loss of some vitamins.
- Repeated washing of rice and pulses may remove some vitamins and minerals present in them.
- Vitamin C gets easily destroyed by heat during cooking.
- The consumption of excess fat-rich food (such as *samosa, poori, malai, peda* etc.) will not provide much energy to the body and can lead to a condition called **obesity**.
- Junk foods are the food items that are cheap and easily available but lack nutrients and hence are not healthy.
- It causes harmful effects to our health. It causes heart diseases, obesity, loss of appetite etc.
- To avoid the ill effects various measures should be taken:
 - Always have your breakfast.
 - Do not eat junk food and packaged food items.
 - Do some physical activity like playing outdoor games, cycling etc. daily.
 - Use warm water for drinking.
 - Do exercise daily to stay fit.
 - Include balanced diet in your meal.

1. **Food adulteration:** The process of intentionally mixing, altering and substituting the food products with cheap, poor quality, inedible and toxic substances is known as food adulteration.

2. **Adulterants:** Substances used to reduce the quality of food products are known as adulterants.

3. Food item is considered adulterated if:

- Inferior or cheaper substance is substituted.
- Substance is obtained from diseased animal or poisonous ingredients.
- Substance contains unprescribed colour or preservative.

4. Some adulterants used for different food material are: Linseed oil, detergent, urea, starch, chalk powder, Kesari *dal*, lead chromate, black gram husk, cashew husk, etc.
5. **Prevention of Food Adulteration Act**, 1954 was formed so as to prevent food adulteration.
6. Two standards under Prevention of Food Adulteration Act are: AGMARK and ISI.

