

FOODS, NUTRITIONS AND HEALT

FUNCTIONS OF FOODS

The third function of food is to regulate activities of the body. It includes regulation of such varied activities as:

- Beating of the heart
- Maintenance of the body temperature
- Muscle contraction
- Control of water balance

FOOD:

is that which nourishes the body. Food may also be defined as anything eaten or drunk, which meets the needs for energy, building, regulation and protection of the body. In short, food is the raw material from which our bodies are made.

IDEA SENCILLA

nutrient density

It refers to the quantity of one or more nutrients supplied by a food in reference to its calorie content. For example, if one compares the protein content of isocaloric portions of dal, bread and milk, one can see that dal has the highest nutrient density for protein, milk next and bread the least.

how will you be a responsible nutrition student

First, use what you learn in nutrition and benefit yourself. It will help you to look better, feel better and work effectively. By practising what you learn, you will set a good example for others. Secondly take care of nutrition of your family

the psychological fuction of food

The first function of the body is to provide energy. The body needs energy to sustain the involuntary processes essential for continuance of life, to carry out professional, household and recreational activities, to convert food ingested into usable nutrients in the body, to grow and to keep warm.

functions of nutrients

Each nutrient class has its own function, but the various nutrients must act in unison for effective action. The nutrients found in foods are — carbohydrates, proteins, fats, minerals, vitamins and water. Fibre is also an essential component of our diet

food exchange list

Each food choice within a list is called an exchange. It represents an amount of food that has about the same macronutrient value as other foods in the same group. The exchange lists are very useful tools in diet planning in hospitals and in personal diet management in the home.