

Effectiveness in nutrients.

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Description

Nutrients which are chemical compounds in food are used by the body to function regularly and maintain health. Example carbohydrates, vitamins, proteins, fats, and minerals. These are six main nutrients: Lipids (fats), Carbohydrates (CHO), Proteins, Minerals, Water, and Vitamins. A healthy food throughout life further healthy pregnancy outcomes, normal growth, supports, development and ageing it helps to continue a healthy body weight, and reduces the risk of chronic disease leading to overall good health and well-being. There are 7 important classes of nutrients that the body needs. These are carbohydrates, fats, vitamins, proteins, minerals, fibre and water. It is important that everyone consumes these seven nutrients on a daily basis to help them build their bodies and maintain their health. Carbohydrates are the body's main source of energy. The vegetables, dairy, fruit, and grain food groups all contain carbohydrates. Sweeteners like honey, sugar and syrup and foods with added sugars like soft drinks, candy, and cookies also contain carbohydrates. While there are many essential nutrients, they can be broken into two categories: Macronutrients and micronutrients are eaten in large amounts and include the primary building blocks of your diet carbohydrates, protein and fat which provide your body with energy.

Nutrients are grouped into micronutrients and macronutrients. Carbohydrates, fats proteins and water are macronutrients, and vitamins and minerals are micronutrients. Although most foods are mixtures of nutrients, many of them contain a lot of one nutrient and a little of the other nutrients. The six major food groups heart-healthy oils, Dairy and non-dairy alternatives, Fish, poultry, meat, eggs and alternatives, fruits and non-starchy vegetables, Whole grains and starchy vegetables, elective or discretionary Calories. Six basic nutrients fat, vitamins, Minerals, Protein. Protein is made of amino acids, which are the building blocks of our tissues, Carbohydrates.

Water makes up 45-75% of our bodies and is important for good health. Nutrients food is advisable because there are low in sugar, sodium, starches and bad fats. Body with good supplements of fruits, vegetables, whole grains, beans, nuts, seeds and lean proteins increases the metabolic rate and strengthen the body. Berry fruits like strawberries, black berries, and rasp berries are rich with nutrients. Anti-oxidant fruits are preferred to increase the immunity and germs frightening capacity in body. Rich nutrient food helps to control all the chronic diseases and metabolic disorders. They nourish the body and keep the body healthy and active.

Conclusion

Nutrients have one or more of three basic functions: they provide energy, contribute to body structure, and or regulate chemical processes in the body. These basic functions allow us to detect and respond to environmental surroundings, move, excrete wastes, respire (breathe), grow, and reproduce. Functions of nutrients; The important functions of nutrients include: Provides proper structure to the blood vessels, bones and ligaments, They are the main source of energy for the body, Increases the absorption of fat-soluble vitamins, They also help in maintaining the homeostasis of the body, helps in the synthesis of collagen. Increases the metabolic activities in the body. Healthy eating prevents from the chronic diseases, heart failures, diabetes, and cancers and helps to regulate the energy and mood.

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