



THE MAIN CONSTITUENTS OF FOOD AND THEIR FUNCTIONS

The quickest energy source are food items rich in carbohydrates such as rice, potatoes, grains, bread etc. Our body constantly needs energy and this is drawn from carbohydrates; they are easy to digest and are instant source.

The daily physiological processes go through wear and tear in the body parts needs to be replenished with proteins which are the building blocks to develop and maintain bones, muscles, cartilage and joints. It also help to synthesis certain enzymes and chemicals in the body including few hormones. Eggs, meat, cereals such as chick peas, cottage cheese and lentils are rich in proteins and help in body repair.

The third major constituent of diet are fats. They are the necessary fuel that helps as a high energy source and support cell growth. They protect our organs, help maintain body temperature and are essential basic material required to produce several chemicals in the body such as hormones; a great deal of fats are required for our brain cells.

The unit structure of our entire body is cell. The cell has a definite structure based on its function and is covered with thin membrane. This membrane consists of proteins and fat layer. When we deprive our diet from proteins and fats, it has negative repercussions on the basic unit in our body and can damage our health permanently.

Micronutrients such as vitamins and minerals participate into various physiological processes in the body. They are required to optimize the functions of our organ systems. Its deficiency can have adverse effect on our body. Vitamins and minerals are essential for growth, to maintain immune function, brain development and many other important functions.

Warm regards

Team roots-simplified