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Health

A JOURNAL DEVOTED TO HEALTHFUL LIVING

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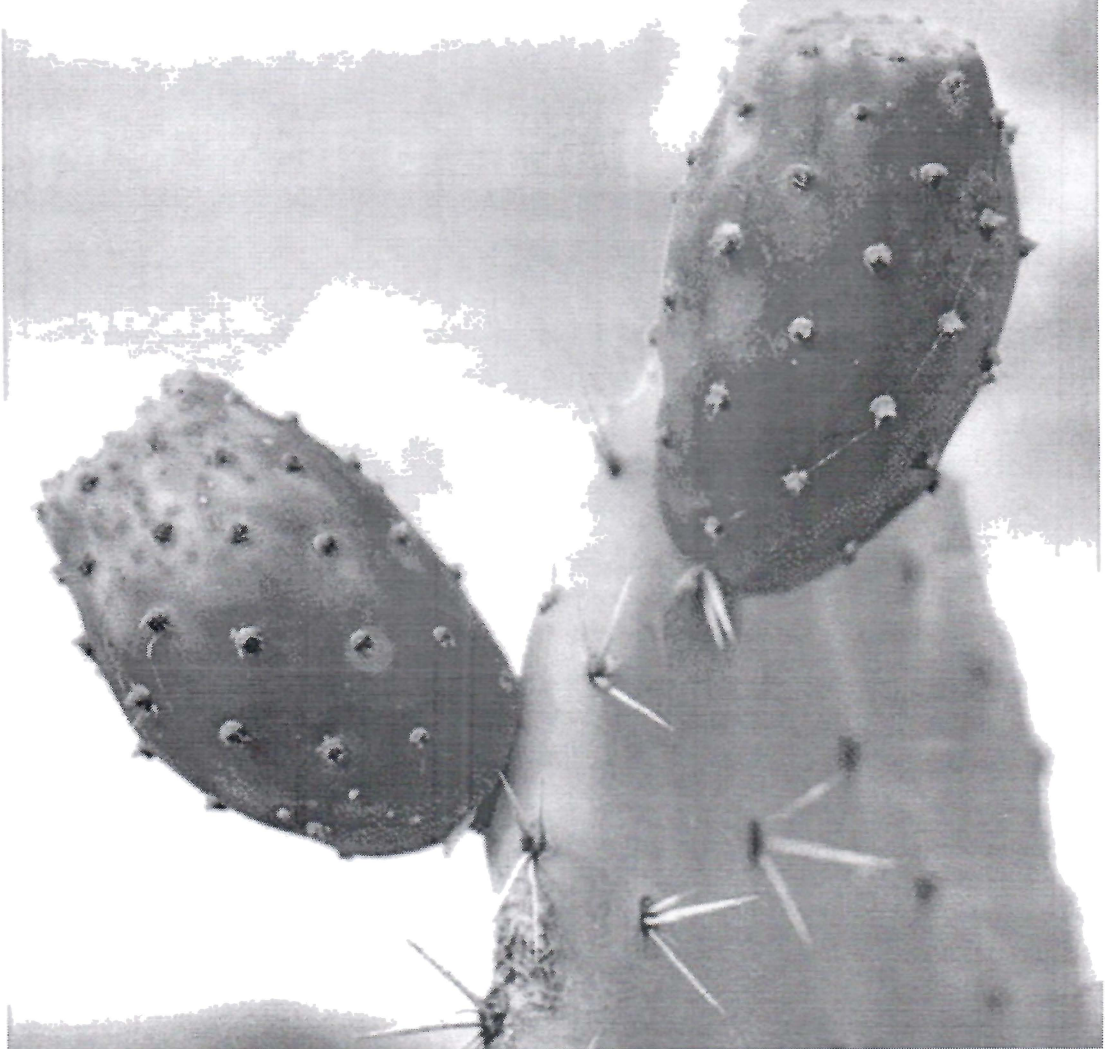
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₹ 20

Prickly Pear Cactus



PROXIMATE PRINCIPLES OF FOOD

The Proximate Principles present in food are-

1. Proteins
2. Carbohydrates
3. Fats
4. Vitamins
5. Minerals
6. Water

Classification of food

- *By origin-* 1. Animal origin-

meat, milk... 2. Vegetable origin- rice, vegetable..

- *By chemical composition -*
 1. Protein
 2. Fats
 3. Carbohydrates
 4. Vitamins
 5. minerals
- *By predominant function-*
 1. Body building foods- milk, meat, fish, eggs,
 2. Energy giving foods- cereals, sugar, roots, oils
 3. Protective foods- vegetables, milk, fruits

| Food groups | Examples of food included | Main nutrients provided | Recommended servings |
|----------------------|---|---|--|
| Starchy foods | Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice other grains, breakfast cereals | Carbohydrate, fibre, B vitamins and iron | Four portions each day Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day |
| Fruit and vegetables | Fresh, frozen, canned, dried and juiced fruit and vegetables, and pulses | Carotenes (a form of vitamin A), Vitamin C, Zinc, iron, and fibre | Five portions each day Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks |

| | | | |
|---|--|--|---|
| Meat, fish, eggs, beans and nondairy sources of protein | Meat, poultry, fish, shellfish, eggs, meat, alternatives, pulses, nuts | Protein, iron, zinc, omega 3 fatty acids, vitamins A and D | Two portions each day Provide a portion as part of lunch and tea (Two to three portions for vegetarian children) |
| Milk and dairy foods | Milk, cheese, yoghurt, fromage frais, custard, puddings made from milk | Protein, calcium, and vitamin A | Three portions each day provided as part of meals, snacks and drinks |

Nutrition-

Study of food in relation to physiological processes that depend on its absorption by the body.

Nutrients- These are mainly of two types

1. **Micro nutrients** - Vitamins, minerals (require in small amount)
2. **Macro nutrients** - Protein, Fat, Carbohydrates (require in large amount)

Macro nutrients

1. Carbohydrates-

It is major component of food. It is essential for oxidation of fats

| Nutrients | |
|----------------|----------------|
| Macronutrients | Micronutrients |
| Fats | Vitamins |
| Carbohydrates | Minerals |
| Proteins | |
| Water | |
| Fiber | |

and for synthesis of certain non-essential amino acids.

1. **Carbohydrate** (3 main sources)
-1) Starch- basic to human diet (cereals, roots and tubers)
2. **Sugar**
3. **Cellulose** - Indigestible component of carbohydrate. Have no nutritive value. These are dietary fibers.

2. Protein-

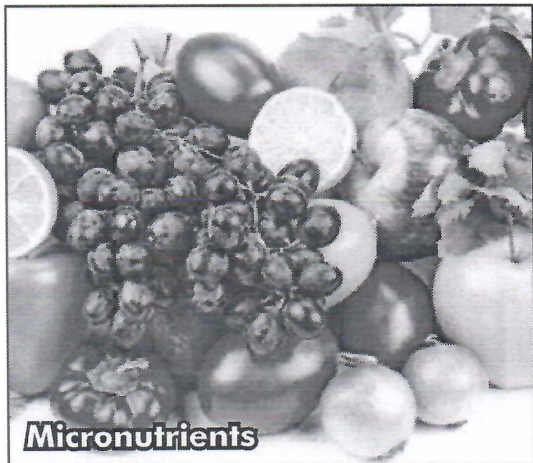
It is an essential macro nutrient, vital for the structure of our body and its functions. In human body protein is present in the outer and inner membranes of every living cells, muscles, RBC, nail, hair etc. The sources of proteins are milk

and milk products, meat, fish and egg, chicken, legumes and pulses.

3. Fats –

Fat is the major storage form of energy in the body. Human body can synthesize triglycerides and cholesterol. The sources of fats are butter, oil, nuts, meat, fish,.

| Macronutrient | Role in the body |
|-----------------------------|---|
| <i>Carbohydrates</i> | Provides energy. Conserves protein in our tissues. Primes fat metabolism. Fuels the central nervous system (brain food). |
| <i>Proteins</i> | Muscle, blood plasma, and tissue associated with the organs represent three major sources of protein in the body. Protein building blocks called amino acids are used to create tissue in the body. Can be broken down for energy |
| <i>Lipids (Fats)</i> | Provides long term energy. Protects vital organs and insulates the body. Vitamin carrier. Makes you less hungry. |



Micro nutrient

1. Vitamins-

Vitamins regulate many functions in the body. They are essential for body building .They helps in digesting proteins, fats and carbohydrates, so that we can get energy from food. They prevent nutritional deficiency diseases, promote healing and encourage good health. Sources of vitamins are all fruits and vegetables, milk and milk products, non vegetarian food and cereals.

2. Minerals-

Minerals are vital to our existence because they are the building blocks that make up muscles, tissues, and bones.

List of Micronutrients:

Vitamins -

Vitamin A, Vitamin B, Vitamin C, Vitamin D, Vitamin E, Vitamin K and Carotenoids,

Minerals -

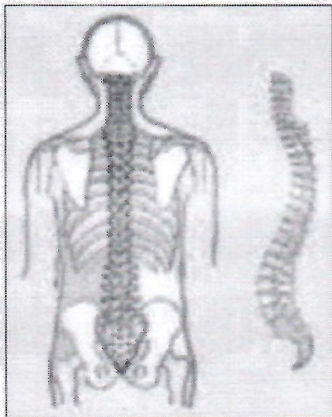
Boron, Calcium, Chloride, Chromium, cobalt, Copper, Fluoride, iodine, Iron, Magnesium, Manganese, Molybdenum, Phosphorous, Potassium, Selenium, Sodium and Zinc.

Organic Acids -

Acetic acid, Citric acid, Lactic acid, Malic acid, Choline and Taurine.



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Human Body Fact

Laughing and coughing creates more pressure on the spine than walking or standing.



Scientists have discovered the first telescopic lens! This lens is capable of zooming your vision to 3x times! This means now you will be able to see Moon's surface and other heavenly bodies just by wearing it!

-Mind Blowing!!!