### SOURCES OF FOOD

<table>
<thead>
<tr>
<th>NUTRIENTS</th>
<th>SOURCES</th>
<th>FUNCTIONS IN THE BODY</th>
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| Vitamin A |         | - Helps keep skin & hair healthy.  
- Aids in night vision.  
- Helps protect body from infection. |
| Vitamin B |         | - Helps body use energy from the foods we eat.  
- Helps brain, nerves, and muscles function. |
| Vitamin C |         | - Helps heal wounds & helps body fight against infections.  
- Helps maintain healthy bones, teeth & blood vessels. |
| Vitamin D |         | - Helps the body use calcium and Phosphorus.  
- Plays a role in building strong bones and teeth.  
- Non Food Source- SUN 🌞 |
| Vitamin E |         | - Helps form red blood cells, Muscles, and other tissues. |
| Vitamin K |         | - Helps blood to clot. |

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| Carbohydrates |         | - An excellent source of energy for the body.  
- Rich in vitamins, minerals and fiber. |
| Proteins |         | - Provides energy.  
- Help to build, maintain, and repair body tissues. |
| Fibre |         | - Aids in digestion.  
- Helps promote regularity. |
| Fats |         | - Provide substances needed for growth and healthy skin.  
- Enhance the taste and texture of food and provides energy. |
| Iron |         | - Helps make hemoglobin in red blood cells which is essential for carrying Oxygen. |
| Calcium |         | - Helps build, maintain healthy bones & teeth.  
- Helps heart, nerves, and muscles work properly. |

### FOOD PYRAMID

**SWEETS**
- Chocolates
- Weekly Once
- Optional

**MEAT, CHICKEN, FISH**
- Daily

**EGGS, PULSES, NUTS, OIL**
- Daily

**MILK & MILK PRODUCTS**
- Daily
  - Ghee, butter, butter milk

**VEGETABLES & FRUITS**
- Locally grown & seasonal
- Daily

**WHOLE GRAINS**
- Rice, Wheat, Ragi, Jowar, Bread
- Daily

**6 TO 8 GLASSES OF WATER**
- Daily

**PHYSICAL ACTIVITIES**
- Daily