



FACT SHEET

Module: Nutrition

- The body needs energy for everything, for the brain to work, the heart to beat, while you talk and you walk. This energy comes from the food we eat. No single food provides all the nutrition the body needs.
- There are **six essential nutrients**, that the body cannot produce on its own and must be provided by food:
 - **Carbohydrates** - These are sugars. Major source of energy.
 - **Proteins** - Builds and repair body tissues, e.g. muscle.
 - **Fats** - Storage form of energy.
 - **Vitamins** - Found in fruits and vegetables. Supports body functions.
 - **Minerals** - Found in water and soil. Helps body cells to function normally.
 - **Water** - Transports nutrients to cells and remove waste through urine. Regulates body temperature.
- **Healthy nutrition must be balanced** (contain all essential nutrients, see above), of the right amount, and of high quality.
- **Carbohydrates** can be differentiated into **simple and complex carbohydrates**
 - *Simple carbohydrates*: Can be digested quickly in the body and give instant energy. If not used instantly, they get converted into glycogen and fat (as storage). Examples: Table sugar, Juice, Cake, Candy, Soft drinks.
 - *Complex carbohydrates*: Are slowly digested in the body and energy will be released slowly. This is used throughout the day for different work we carry out. Examples: Whole grains, Vegetables, Beans, Peas, Legumes.
- **Proteins**: Proteins from low fat food like egg, low fat milk cheese, beans, chicken (without skin), fish and dal (lentils) are a great source of healthy protein. Proteins from high fat food increase the risk of heart diseases. Examples: Red meat like mutton, beef, full fat milk products.
- **Vitamins**: Fruits and Vegetables are the source of vitamins and minerals (plants absorb them from soil & water). Yellow & orange fruits and veggies like citrus fruits, carrot, pumpkin contain vitamins **C**, **A** and potassium. Green fruits and veggies like kale, spinach, and avocado contain vitamins **K**, **B**, and **E**, folic acid, and potassium. Purple fruits and vegetables (e.g. eggplant, red cabbage, grapes) contain vitamins **C** and **K**. Red fruits and vegetables (pepper, carrot) contain vitamins **A** and **C**, along with minerals folate, and calcium.
→ **Eat the Rainbow** to get all the vitamins and minerals, because colours of food indicate the specific nutrients.

- **Malnutrition** in India and how to prevent it:
 - **Anemia:** is common in women and children. Foods like liver, chicken, green leafy vegetables, beet root and iron supplements along with these foods can correct this condition.
 - **Vitamin A deficiency:** Carrot, pumpkin, spinach are a source of vitamin A.
 - **Iodine deficiency:** Causes thyroid problems, especially in women. It is a must to use iodine salt.
 - **Protein deficiency:** Common in village children. Dal (lentils), eggs, milk, fish, beans, soy, peas can correct it.
- **Healthy tips:**
 - Drink at least two liters of water a day.
 - Eat seasonal vegetables, fruits and root crops.
 - Consume milk and milk products, leafy vegetables every day.
 - Practice good personal and home hygiene.
 - Eat clean and safe food.
 - Avoid consumption of tobacco and alcohol.
 - Avoid junk food
 - Cut down on fat and sugar in your diet.
 - Aim for good nutrition, daily exercise at least for 30min, and adequate sleep for 8 hours