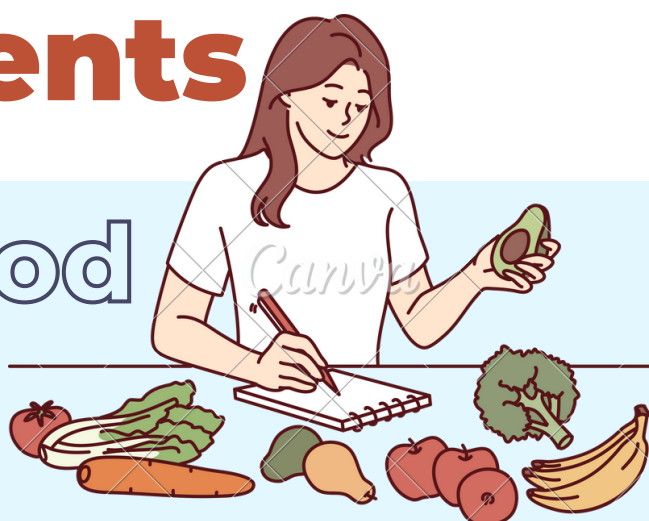
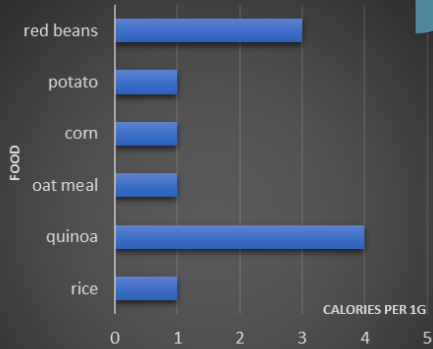


Energy Contents

In Different Food Groups



Carbohydrates



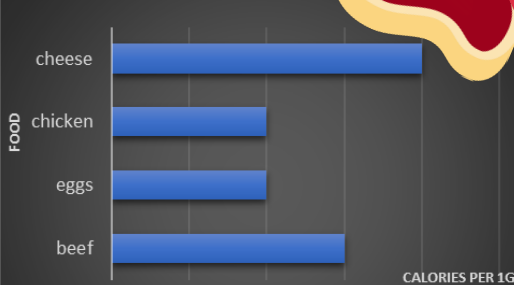
Carbohydrates

Sugars, fiber, and starches are examples of the necessary nutrients known as carbohydrates.

Protein

Complex molecules known as proteins play a variety of essential functions in the body.

Protein

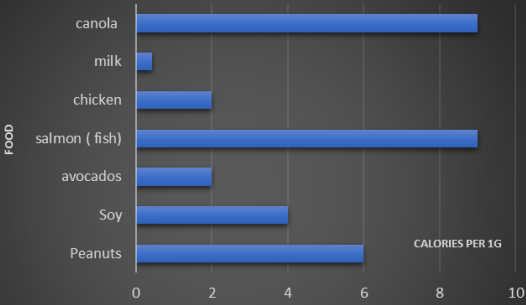


Fats and Lipids

Fat & Lipids

The human body's ability to maintain homeostasis depends on fats and lipids. They create cell membranes and protect vital organs.

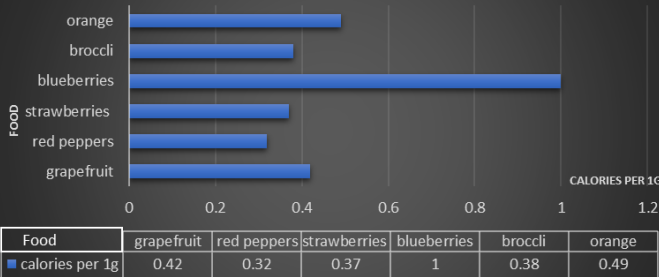
Fats and Lipids



Vitamins & Minerals

Vitamins and minerals enable healthy growth and development, strengthen the immune system, and support the function of cells and organs.

Vitamins and Minerals



Note

Though Vitamins and Minerals are essential to the body, but they don't provide many calories.

