

**Kalikadevi Arts, Comm & Sci College
Shirur (ka) Beed.**

Dept. of Home Science

Welcomes you

For presentation of

Importance of Food

On Behalf of

World Nutrition Week

2017-2018

BRAIN

FOODS

CEREALS



PULSES AND LEGUMES



OIL SEEDS



PREVENTIV

E

FOODS

VEGETABLES



LEAFY VEGETABLES



NATURE'S

CANDY

NATURE'S CANDY



GROWTH

FOODS

MILK AND MILK PRODUCTS



PROTEIN

FOODS

MEAT, FISH AND POULTRY



CALORIE
FOODS

SUGAR AND JAGGERY



OIL AND GHEE



CONDIMENTS AND SPICES



FOOD

PYRAMID

**Restrict
Red meat & butter**

**Restrict
Food of high sugar content**

**Dairy, soymilk, or
calcium supplement**
1-2 servings

**Multi-Vitamins
(Every day)**

**Water, 5-8
glasses**

**Eggs, fish, poultry,
and plant proteins**
1-2 servings

Legumes
1-2 servings

Nuts and seeds
1-2 servings

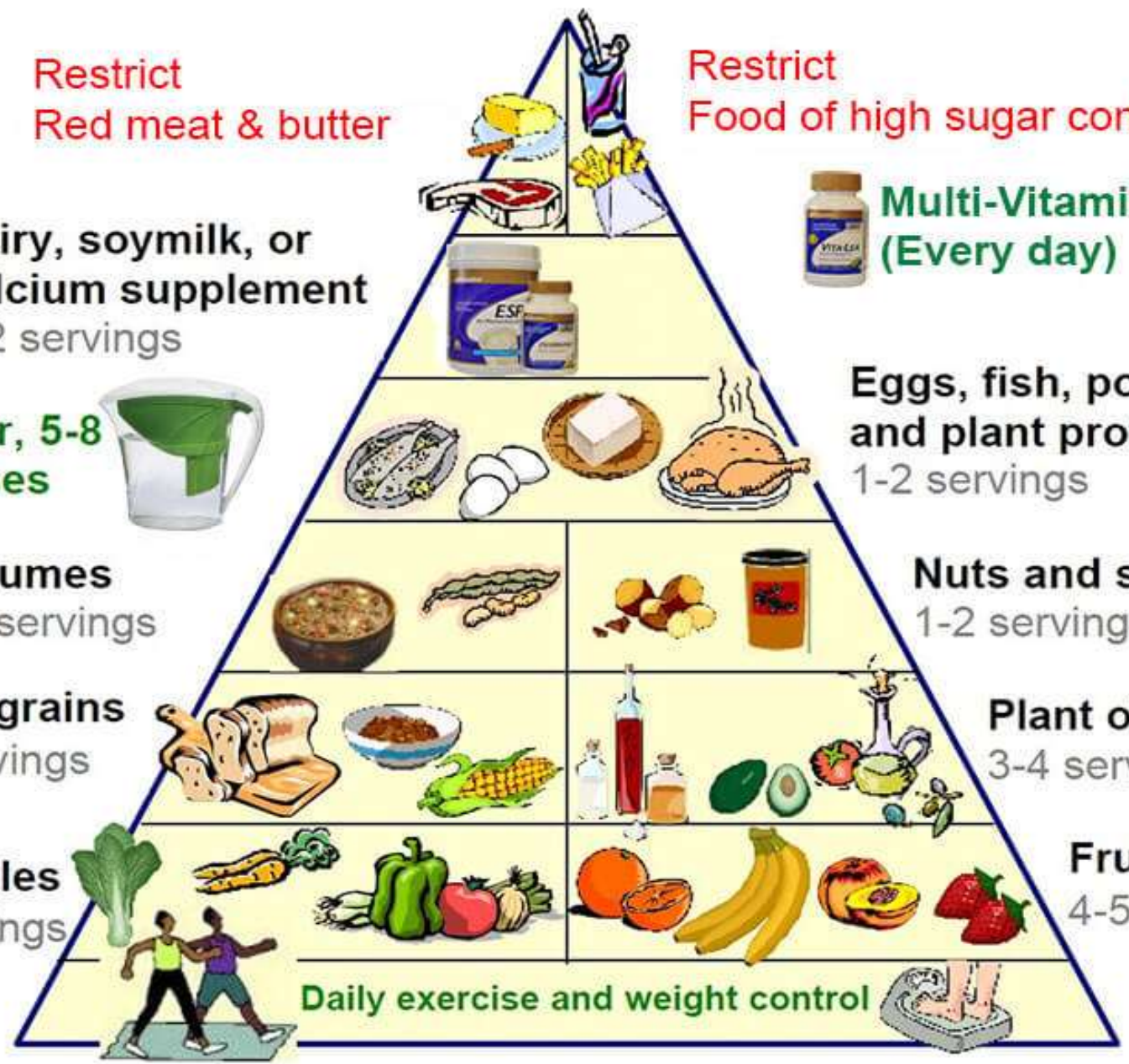
Whole grains
4-8 servings

Plant oils
3-4 servings

Vegetables
4-5 servings

Fruits
4-5 servings

Daily exercise and weight control



THANK

YOU