

Vitamins



Vitamins are chemicals which are required in very small amount to keep our body healthy. Deficiency may cause various diseases.

There are two groups of Vitamins

1. Fat soluble vitamins

2. Water soluble vitamins

1. Fat soluble vitamins

1. Fat soluble vitamins are those vitamins which can be soluble in fats

2. These vitamins composed of carbon, hydrogen and oxygen.

Fat soluble divided into categories

- 1. Vitamin A**
- 2. Vitamin D**
- 3. Vitamin E**
- 4. Vitamin K**

Vitamin A



Vitamin A is formed by the elements of hydrogen, carbon and oxygen.

Vitamin A

It helps in the formation of bones and teeth.

It also promotes normal vision.

Deficiency of vitamin A can cause infections, night blindness.

It is found in milk products, vegetables etc.

Vitamin D



It helps in maintaining the level of calcium and phosphorus in our body.

Vitamin D

It is a white crystalline substance.

It is formed by three elements carbon, hydrogen and oxygen.

Its deficiency may cause rickets, dental cavities etc.

It is found in milk products, oils etc.

Vitamin E



It is essential for blood coagulation.

It keeps the skin healthy.

Its deficiency may cause degeneration of muscles .

Vitamin K



It helps to clot blood.

Its deficiency may cause various diseases .

Its main sources are tomatoes, potatoes etc.

Water soluble Vitamins

Water soluble vitamins are those vitamins which can be soluble in water.

They are made up from 2 elements nitrogen and sulphur.

They are divided into 2 categories.

- 1. Vitamin B.**
- 2. Vitamin C.**



Vitamin B is made up from 8 soluble vitamins



1. Vitamin B1.

It is colourless and salty in taste.

It helps in maintain kidney, liver, nerves and muscle infections.

Its deficiency may cause constipation, headache, loss of appetite.

Vitamin B2

It is yellow in colour.

Its deficiency may cause various diseases.

It helps in maintenance of skin functioning, health of body tissues.

Its deficiency can cause skin irritation, and inflammation in eyes.

Vitamin B3

It helps in the development of growth in the body.

Its deficiency can cause grey hair.

Vitamin B5

It helps in maintaining body weight.

Its deficiency can cause pellagra disease.

Vitamin B6

It helps in maintaining the haemoglobin .

It keeps the skin healthy.

Vitamin B12

It is red in colour.

Its deficiency can cause anaemia.

Vitamin B9

It is tasteless and yellow in colour.

It helps in reproduction, growth and development of body.

It helps in formation of blood.

Vitamin B7

Its deficiency can cause depression, impaired growth etc.

Vitamin C

It is also a water soluble vitamin.

It is white and crystalline.

Its deficiency can cause scurvy diseases.

Its helps in formation of body tissues and development.

TOPICS



Nutritive & Non Nutritive Components of Diet

Eating for Weight Control-A Healthy Weight

Pitfalls of Dieting

Food Myths, Food Intolerance

Non Nutritive components of diet



They do not provide any energy and doesn't help in the digestion of food. They only help us in satisfying appetite.

Non nutritive components

1. Fibre and Roughage



It has no nutrient value.

It also helps in satisfying appetite.

It maintains the disorder between the intestine also.

Two types of Fibre

1.Soluble fibre 2.Insoluble fibre

1.Soluble fibre

Easily dissolve in water

It helps in reducing cholesterol

2.Insoluble fibre

It cannot dissolve in water

Water



It is nutritive as well as non nutritive component.

Blood comprises 90% of water.

Water helps us in digestion of food.

Flavour compounds

Their look is attractive which includes coloured pigments.

Colour compounds

Various colours found in fruits and vegetables.

Plant compounds

They are nutritive as well non nutritive

There are no. of plants which have harmful effects and can cause stomach problems and can increase heart rate.

Eating for weight control

Healthy weight leads to healthy life.

Over weight and under weight can cause various diseases such as heart problems.






B.M.I.

Body Mass Index.

Through B.M.I. we came to know whether one has healthy body weight.

Calculation of B.M.I.

$$\frac{\text{Weight}}{\text{Height in m}^2}$$

Under weight	Normal weight	Over weight	Obese (Class I)	Obese (Class II)	Obese (Class III)
					
<18.5	18.5 – 24.9	25 – 29.9	30 – 34.9	35 – 39.9	>40

Methods of controlling healthy body weight

1. Set an appropriate goal

You should set an appropriate goal, i.e., how much weight to shed or lose? While setting the goals you should know about your capacities and limitations and then take a pledge that you will lose 1 kg per month.

2. Avoid Fatty food

If you want to lose or maintain weight, you should avoid fatty foods in your diet. Fats are known to have maximum no. of calories. These will be accumulated in your body. So avoid fatty food.

3. Avoid overeating

You should eat food as per the requirement of your body.

Suppose, you require 2,000 calories per day, so you should take only that consist.

4. Avoid Skipping meals

Don't skip your meals. If you skip meal, the next time you will definitely indulge in overeating which may lead to obesity.

5. Avoid fast foods

Try to avoid fast foods such as pizza, burger. These foodstuffs are rich in calories which leads to condition of overweight.

6. Avoid alcohol, smoking and dugs

Alcohol, smoking and drugs invariably tend to increase in weight.

7. Avoid eating frequently

You should not form a habit to eat frequently. The children who eat frequently usually take in extra calories.

8. Avoid rich carbohydrates food

It does not mean that you should not take carbohydrates, it is necessary but you should reduce its amount in your diet.

9. Take a balance diet

The balance diet should be proper. For maintain a healthy weight, you should try to strike a balance between intake and expenditure of calories.

10. Regular exercise

Exercise helps to control your body weight. Most important it burns the excess calories in the body. So the exercise is very important.

Pitfalls of dieting

Everybody wants to remain slim. Those who are overweight's also want to reduce weight. Most of them prefer dieting. In the beginning dieting produces good result but after initial success it adds more weight

Pitfalls of dieting

1. Extreme reduction of Calories

1800 calories a day cannot meet all the nutritional requirements of an individual. If you reduce intake of calories it will result in huge loss of weight.

Pitfalls of dieting

2. Restriction of Nutrients

Some nutrients like carbohydrates and fats are restricted in dieting. In reality, your body needs all types of nutrients. If you don't take all the nutrients in required amounts, your proper functioning will be impaired.

Pitfalls of dieting

3. Intake of calories through drinking

If you want to loose your weight, most probably you lay stress on not to eat more and not on what you drink. In fact coffee with cream and sugar, sweetened juices and sodas really contribute to weight gain .

Pitfalls of dieting

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Pitfalls of dieting

5. Do not exercise

If you go on dieting and do not exercise, it will work against the weight loss. Exercise increases metabolic rate which ultimately reduces body weight. So dieting is only beneficial if you do exercise along with it.

Pitfalls of dieting

6. Intake of labelled food

Most of the persons who o on dieting usually go for such products that carry the label 'lean', 'sugar free', 'low calories' or 'no fat' or 'fat free'. Such type of food is not always the best for loosing weight.

Food Intolerance

Food intolerance means the individual elements of certain foods that cannot be properly processed and absorbed by our digestive system

It is caused by part or complete absence of activity of the enzymes responsible for breaking down or absorbing the food elements

It can cause nausea stomach pain, nervousness etc.