

Nutritional importance of vitamins :-

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- Vit A helps ~~to~~ to form & maintain healthy teeth, bones, soft tissue, & skin.
- Vit B₆ helps form red blood cells & maintain brain function.
- Vit B₁₂ is imp. for metabolism. It also helps to maintain the central nervous system.
- Vit C, is an antioxidant that promotes healthy teeth & gums. It helps the body absorb iron & maintain healthy tissue.
- Vit D is also known as the "sunshine vitamin", since it is made by the body after being in the sun. Vit D helps the body to absorb calcium. ~~We~~ need calcium for the normal development & maintenance of healthy teeth & bones.
- Vit E is an antioxidant which helps the body to form red blood cells.
- Vit K is needed for the bone health.
- Vit B₇ is essential for the production of hormones.
- Vit B₃ helps to maintain healthy skin & nerves.
- Vit B₉ works with Vit B₁₂ to help ~~form~~ form red blood cells. It also needed for the production of DNA, which controls tissue growth & cell function.
- Vit B₅ is essential for the metabolism of food.
- Vit B₂ is imp. for the body growth.
- Vit B₁ helps the body cells to change carbohydrates into energy. It is also essential for heart functions & healthy nerve cells.

Nutritional Importance of Minerals :-

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- Calcium helps to build strong bones & healthy teeth.
- The body needs iron to transport O_2 from our lungs to the rest of our body.
- Potassium keeps our muscles & nervous system working properly.
- Zinc helps in ~~our body's system~~ for immune system, which is our body's system for fighting off illness & infections. It also helps with cell growth.
- Phosphorus is imp. for healthy bones & teeth & also found in every cell. Also is the part of the system that maintains acid-base balance.
- Sulfur is found in protein molecules.
- Magnesium is found in bones and needed for making protein and maintain the immune system health.
- Iodine found in thyroid hormone, which helps to regulate growth & to maintain metabolism.
- Sodium is needed for proper fluid balance within the body.

Nutritional importance of fiber! —

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- Normalizes intestine movement.
- Assist in maintaining intestine health.
- Lowers cholesterol.
- Reducing the risk of heart disease.
- Aids in controlling blood sugar levels.
- Aids in achieving a healthy weight.
- Reduce the risk of Cancer.

Nutritional importance of water →

- Water moistens the tissues in the mouth, nose & eyes.
- Regulates body temperature; when we get too warm, we produce sweat that helps our body cool itself through evaporation.
- Excess salt, too much alcohol, excessive exposure to tobaccos, all these unhealthy components come into our body but water facilitates the cleanup process & flushes out the harmful toxins.
- Having enough water in our body helps the liver & kidneys work better to keep our internal environment clean.
- Water dissolves cellular food & O_2 & carries it all over the body through the blood stream.