

# Charts on Food and Nutrition

Size 70 x 100 cm. English & Hindi combined. Laminated Each Rs. 125.00

**FN01 OUR FOOD :** Chart shows various components and functions of food. It also illustrates food pyramid mentioning balance diet and daily requirement of nutrients by different age groups.

**FN02 PROTEINS :** Chart shows both animal and plant sources of protein. It also explains various functions performed by proteins in our body and some special conditions of high protein needs.

**FN03 FATS :** Chart shows a brief classification of fats with a mention of essential fatty acids. It also shows some of the important functions and sources of fats.

**FN04 CARBOHYDRATES :** Chart shows classification of carbohydrates as simple and complex with their various functions in the body. It also shows various foods rich in carbohydrates.

**FN05 VITAMINS :** Good explanatory chart depicting both fat soluble and water soluble vitamins with their various sources and reasons of requirement in the body.

**FN06 MINERALS :** Important minerals like Sodium, Iron, Calcium, Iodine etc. required in our body to live a healthy life are shown in the chart. Chart also shows various functions they perform and their sources.

**FN07 WATER & ROUGHAGE :** Chart shows the importance of water and roughage and some major functions performed by them in the body. Chart also gives a good knowledge about their sources.

**FN08 DEFICIENCY DISEASES :** Chart shows the havoc conditions arised due to deficiency of various nutrients in the body and their symptoms. The understanding of chart will indicate the importance of good balanced diet.

**FN09 OVERNUTRITION DISORDERS :** Chart shows that not only deficiency but also the over consumption of food is not good for health. Various overnutritional disorders with their causes and symptoms are depicted in the chart.

**FN10 Food's Nutritive Value :** Chart shows the nutrient's composition of various common foodstuffs in a tabular form.

