

CHAPTER 01**FOOD COMPONENTS****Glossary**

Balanced diet – A diet having all the components in right proportions

Carbohydrates – Energy giving macronutrients

Constipation – it occurs when bowel movements become less frequent and stools become difficult to pass.

Fats – a type of macronutrients gives energy and insulates body.

Dietary Fiber – a type of carbohydrate, our body cannot digest.

Proteins - a type of macronutrient and found throughout the body in each cell and tissue.

Vitamins – components needed by body to grow and function normally.

Minerals – Components important to make hormones and enzymes in our body