



SNS COLLEGE OF TECHNOLOGY

An Autonomous Institution Coimbatore – 35

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Approved by AICTE , New Delhi and Affiliated to Anna University , Chennai.

DEPARTMENT OF FOOD TECHNOLOGY

FOOD GROUPS AND ITS FUNCTIONS





Cereals and Pulses



- Cereals: This group includes grains such as wheat, rice, oats, barley, corn (maize), rye, and millet.
- These grains are primarily carbohydrates and provide energy to the body. They are often consumed as staples in many diets around the world.
- Pulses (Legumes): Pulses include beans, lentils, chickpeas, and peas. They are rich sources of protein, fiber, vitamins, and minerals.
- Pulses are also relatively low in fat and can be an excellent source of plant-based protein for vegetarians and vegans.
- They are known for their nutritional benefits and are often included in various cuisines globally.



Animal Products



This group encompasses foods derived from animals, including meat, poultry, fish, eggs, and dairy products (such as milk, cheese, and yogurt).

Animal products are rich sources of protein, essential amino acids, vitamins (especially B vitamins like B12), and minerals (like iron and calcium).

They provide essential nutrients for the body, including muscle growth and repair, immune function, and overall health.

However, it's important to consume them in moderation and choose lean cuts of meat and low-fat dairy options to maintain a balanced diet.



Sugars



- Sugars are simple carbohydrates found naturally in fruits, vegetables, and dairy products, as well as added to processed foods and beverages.
- They are a quick source of energy for the body. However, excessive consumption of added sugars, such as those found in sodas, candies, pastries, and other sweets, can contribute to various health issues like obesity, type 2 diabetes, and dental problems.
- It's important to limit intake of added sugars and focus on getting carbohydrates from sources like fruits, vegetables, whole grains, and pulses, which also provide fiber and other essential nutrients.



NUTS

- Nuts are a type of food classified as a part of the "nut and seed" category. They are botanically classified as dry fruits with a hard shell and a seed inside.
- While they are commonly consumed as snacks, they are also used in cooking and baking or as ingredients in various dishes.
- Some common types of nuts include almonds, walnuts, cashews, pistachios, pecans, and hazelnuts, among others.
- Nuts are known for their nutritional value, often containing healthy fats, protein, fiber, vitamins, and minerals.
- They are considered a healthy addition to a balanced diet when consumed in moderation due to their beneficial effects on heart health, weight management, and overall nutrition.



FOOD PYRAMID

The food pyramid is a graphical representation of dietary guidelines developed to illustrate the recommended intake of various food groups for a healthy diet.

The pyramid typically divides foods into groups and suggests the ideal proportions in which they should be consumed.

While there have been variations in different countries and over time, the basic concept generally includes:

Grains: This forms the base of the pyramid, indicating that grains and starchy foods should make up the largest portion of one's diet.

Whole grains are often recommended for their higher fiber content and nutritional value compared to refined grains.

Fruits and vegetables: The next level up typically includes fruits and vegetables, encouraging a generous intake due to their high content of vitamins, minerals, and fiber.



Protein sources

This category often includes sources of protein such as meat, poultry, fish, eggs, beans, nuts, and seeds.

It's typically recommended to choose lean protein sources and to vary protein intake from both animal and plant-based sources.

Dairy or alternatives

This group includes dairy products like milk, yogurt, and cheese, although alternatives for those who are lactose intolerant or prefer plant-based options are also considered.

Fats and oils

While fats and oils are essential for health, they are usually depicted at the top of the pyramid in moderate amounts.

Healthy fats from sources like olive oil, nuts, and avocados are often emphasized.



Sweets and treats

At the top of the pyramid, or sometimes depicted outside of it, are sweets and treats.

These are foods high in added sugars and fats, and consumption should be limited due to their lower nutritional value and potential negative health effects.

The food pyramid serves as a visual guide to promote a balanced diet, encouraging individuals to consume a variety of foods in appropriate proportions to support overall health and well-being.

However, it's important to note that individual dietary needs may vary based on factors such as age, sex, activity level, and any specific health conditions, so personalized dietary advice from a healthcare provider or nutritionist is valuable.



THANK YOU

