



SNS COLLEGE OF TECHNOLOGY

**An Autonomous Institution
Coimbatore - 35**

Accredited by NBA – AICTE and Accredited by NACC – UGC with 'A+ Grade
Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai.

DEPARTMENT OF FOOD TECHNOLOGY

19FTO302-FOOD NUTRITION

III – YEAR VI SEMESTER

UNIT-II Basic Group of Foods



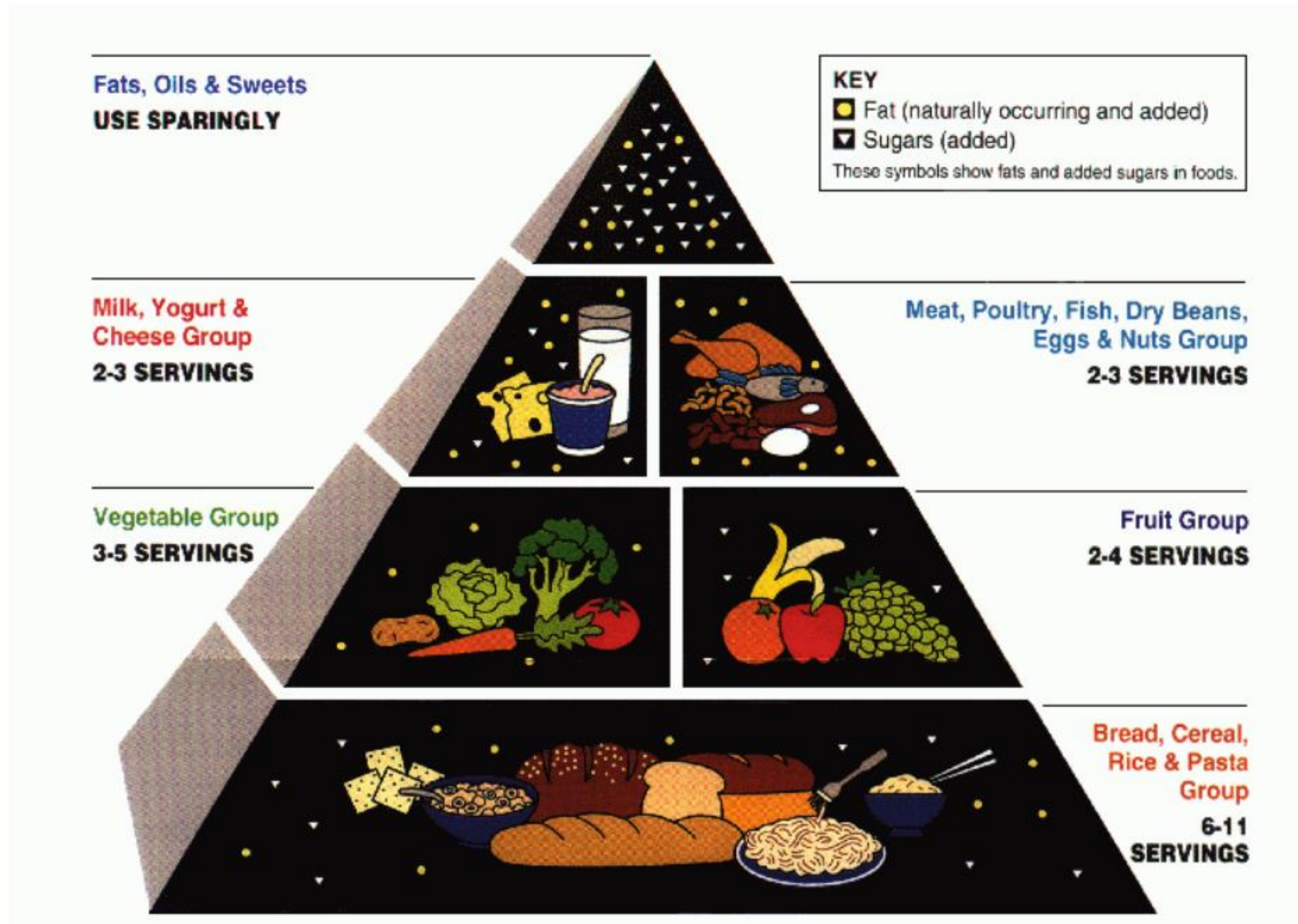
INTRODUCTION

What is Basic Food Group?





A **food group** is a collection of foods that share similar nutritional properties or biological classifications.





Nutrition obtained from Basic Five group Foods



S.NO	Product	Nutrition
1	Cereals, grains and products	Carbohydrates, protein, invisible fat, thiamine, riboflavin, folic acid and fiber
2	Pulses and legumes	Carbohydrates, protein, invisible fat, thiamine, riboflavin, folic acid, iron, calcium, and fibre
3	Milk and meat products	Protein, calcium, fat, riboflavin and phosphorus
4	Fruits and vegetables	Carotenoids, Vitamin C, riboflavin, folic acid, iron, calcium and fibre
5	Fats and sugars	Essential fatty acids, iron, vitamin A, D, E and K.



Cereals, grains and products



- ❖ Cereals - Rice, Wheat, Barley, Oats, Rye.
- ❖ Millets - Ragi, Bajra, Maize, Jowar, Little millet (Samai), Kodo millet (varagu).
- ❖ Products - Flakes, Flour, Puffed products.



Pulses



- ❖ Pulses - Bengal gram, Black gram, Green gram, Red gram, lentils, Cow pea, Horse gram
- ❖ Beans- Broad bean, Field bean, Haricot bean, Shell bean, Lima bean, Moth bean
- ❖ Peas – Green peas



Milk and Meat Products



- ❖ Milk - Curd, Skimmed Milk, Cheese, Khoa, cream
- ❖ Meat - Chicken, Liver, Fish, Egg, Beef, Mutton, Pork.





Fruits and Vegetables



- ❑ Fruits : Mango, Guava, Tomato, Papaya, Orange, Sweet Watermelon.
- ❑ Vegetables :
 - ❖ Green Leafy: Amaranth, Spinach, Drumstick leaves, Coriander leaves, Mustard leaves, fenugreek leaves, cabbage.
 - ❖ Roots and tubers: Beetroot, Carrot, Onion, Potato, Radish, Tapioca, Sweet potato, Yam.
 - ❖ Other Vegetables: Brinjal, Ladies fingers, Capsicum, Beans, Drumstick, Cauliflower, bottle gourd, snake gourd.



Fats and Sugars



- Fats - Butter, Ghee, Hydrogenated fats, cooking oils like Groundnut, Mustard, Coconut.
- Sugars: Sugar, Jaggery



THANK YOU