

Functions of food, food nutrients & characteristics

1. Energy giving

- fats
- carbohydrates

Energy is mainly provided to our body through carbohydrates and fats in the food.

2. Body building

- proteins
- minerals

For the body building purposes, the major nutrients used are proteins and minerals.

3. Regulatory and Protective

- vitamins
- water
- minerals
- fibre

The main nutrients which perform these functions include proteins, vitamins, minerals and water.

In <https://sol.du.ac.in/mod/book/view.php?id=1422&chapterid=1283>