

### Appendix 3. Nutrients and Their Properties

#### Nutrients

We need energy to survive and to perform many activities such as walking and running. We get this energy from the nutrients we eat. Nutrients are also necessary for growth, development and repair of wounds in our bodies.

#### Categorization of Nutrients

##### 1. Foods by Source

Nutrients are obtained from plants and animals. The ones obtained from plants such as cereals, fruits and vegetables are plant-based nutrients; the ones obtained from animals such as meat, milk, eggs and fish are animal-based nutrients.

Plant- Based Nutrients



Animal-Based Nutrients

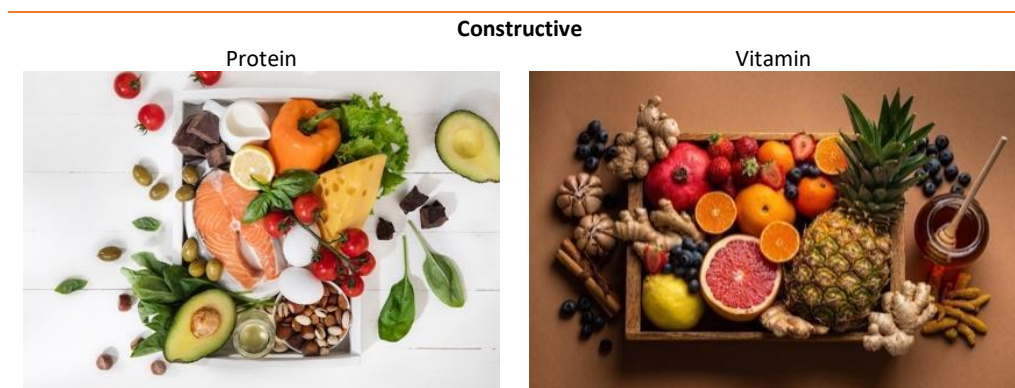
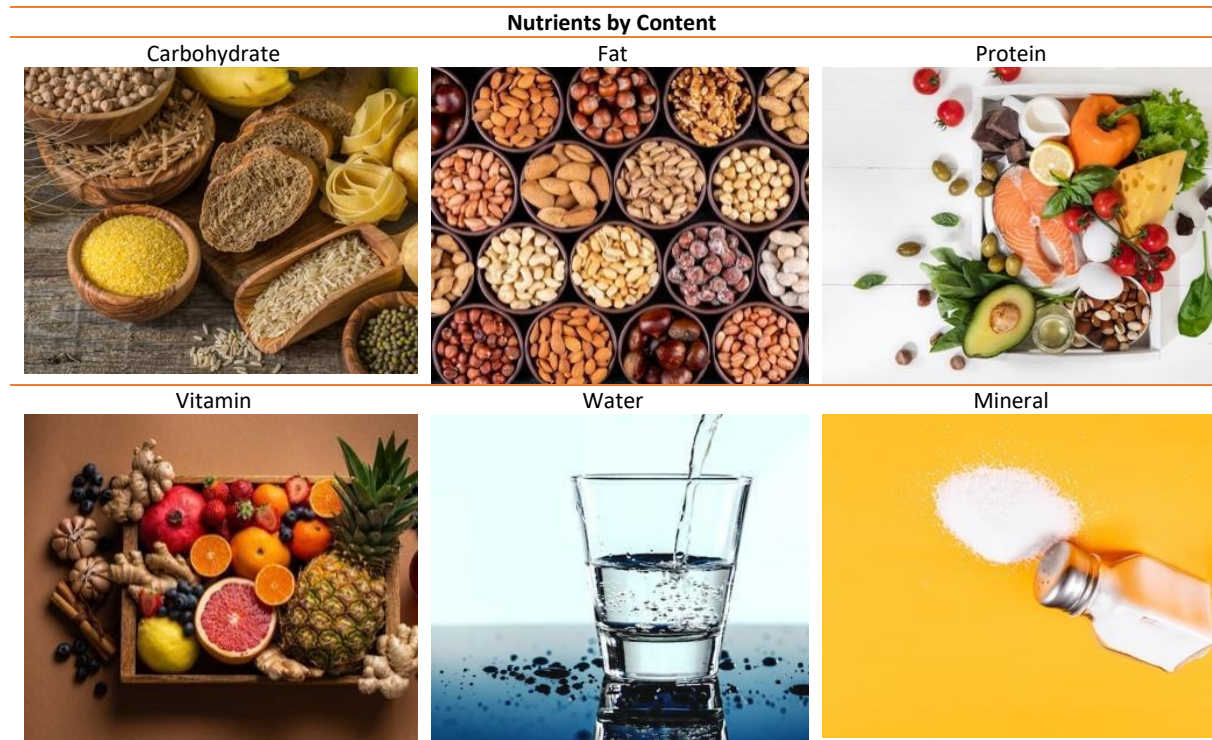


Nutrients according to their Roles in Our Body: According to their functions in our body; nutrients are categorized as energizing, constructive-repairing and regulatory. Foods responsible for meeting our energy needs are energy-giving nutrients. The foods that enable us to grow and heal our wounds are constructive - restorative nutrients. The nutrients that increase the resistance of our body and are responsible for the regular functioning of the organs and structures in our body are regulatory nutrients.



## 2. Nutrients by Ingredients

The nutrients in the foods are categorized as carbohydrates, fats, proteins, vitamins, water and minerals according to their ingredients. Foods may have more than one type of nutrients, but this categorization is made according to the nutrient that is most abundant in the structures of the foods. For example, almonds contain carbohydrates, proteins, fats, water and even small amounts of vitamins and minerals. However, almonds are categorized as fat-rich foods because they contain fat the most.





### Nutrient Types

**Water and Minerals:** Three-quarters of our body is water. We can live for weeks without food, but only a few days without water. Like water, minerals are essential nutrients for our life. Water and minerals are found in all foods and regulate vital activities.

### Freshness and Naturalness of Foods

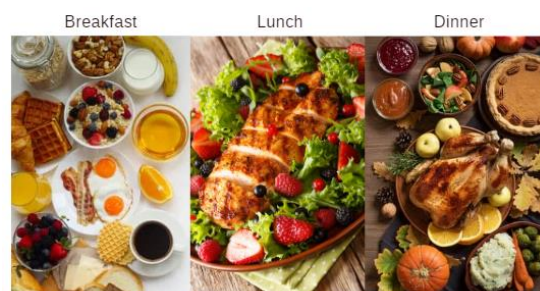
In the past, methods such as sun drying, canning and salting were used to keep foods intact for a long time. Today, with the development of technology, methods such as packaging, freezing and adding additives have been developed for this purpose. The use of these methods has also increased the variety of foods. However, since foods with additives are harmful to our health, we should not consume such foods too much.

### Balanced diet

Each type of nutrients has a different function in our body. For this reason, we need to consume all kinds of nutrients as much as our body needs. Consuming all the nutrients based on our body's needs in order to sustain our life in a healthy way is called balanced nutrition or diet.

In our daily eating habits, we should include the following different nutrients for a balanced nutrition;

- Bread, rice and pasta, which provide our body's energy needs,
- Vegetables and fruits which are rich in terms of water, vitamin and mineral,
- milk, yoghurt and cheese products which are rich in calcium,
- meat, eggs, legumes and some roasted nuts, oils, sweets and sugars that provide growth and development.



The types of foods that we should consume the most in our daily diet are bread, rice, pasta, vegetables and fruits. The types of foods that we should consume the least are butter and sweets.

In recent years, unbalanced and excessive diets in relation to changing food habits cause a health problem called obesity. Obesity is defined by the World Health Organization as excessive fat accumulation in the body to the extent that it impairs health. In addition to unbalanced and excessive diets, the inadequacy of physical movements and hereditary predispositions are also important factors that cause obesity. Throwing the foods away without being consumed is called food waste. The following important points should be done to prevent food waste;

- The shopping should be done in a planned manner and the foods that can be consumed in a short time should be bought.
- Bread is one of the most wasted foods. More bread than needed should not be bought; Stale breads should be toasted or fried in the oven.
- Appropriate storage methods should be utilized to be able to use the foods, that are not consumed, for a later time.
- Jam, pickles or tomato paste should be prepared from fruits and vegetables that are surplus of consumption.