FOOD GROUPS

Meals are made from raw food items. These raw food items fall in different groups. This grouping is based on the nutrient and the functions they perform in the body. The groups are body building, energy giving, and protective foods.

Body building foods: These are proteins. They include meat, fish, eggs, milk, beans, etc. Each meal should contain about 20% protein.

Energy-giving foods: These are mainly carbohydrate foods. However lipids also give energy to the body but a larger one. Examples of carbohydrate foods are yam, potatoes, cassava, bread, wheat, etc. Examples of lipids are groundnut oil, palm olein, palm oil, margarine, butter, etc. Carbohydrates should constitute about 40% of meals while fats should constitute about 10% of meals.

Protective foods: These protect the body from diseases. They are vitamins and minerals. They include vegetables and fruits. Examples are watermelon, eggplant, banana, plantain, egusi, onion, coconut, cabbage, mango, orange, lettuce

leaves, alaiyahu leaves, ogu leaves, etc. Both vegetables and fruits should collectively constitute 30% of each meal.