NUTRITION

Nutrition is an important element of physical grooming. It is the nourishment we get from foods we eat. The foods we eat contain some chemicals called nutrients, so when we eat food, these nutrients nourishes our body. There are mainly six nutrient groups, carbohydrate, protein, lipids, vitamins and minerals, and water. Roughages or fibres are not really a food nutrient group since they are digestible and therefore cannot nourish our body. However, they add to the food bulk and also aids bowel passage.

Economics of Feeding

When buying foods you want to eat, it is good to buy from stalls that are registered, recognised and regulated by the government. From such stalls you can rely on what things they market.

Each commodity you buy does have a package and a label on it, especially if it has been processed by an industry. It is good to go through the label of each food product you buy. If after your analysis of the commodity you find that the content in the package is very different from what is represented on the label, please report to the closest regulatory body closest to you.

Now as you've gotten your foods it is good you compare the amount spent on that commodity with its nutritional and organoleptic characteristics. That way you would be possible getting the best value from the commodity you've bought.

Note: for commodities that are bought raw without package, please endeavour to weight them and yet do your comparison.