

Food systems that support
transitions to healthy and
sustainable diets

«The nutrients that compose our food»



What are we going to talk about today?

1. The different functions of food
2. The macro and micro nutrients: what are they and what are they for?
3. The five food groups

FUNCTIONS OF FOOD



SOCIAL
(tradition, conviviality...)



NURTURE
(it is our fuel)



**MENTAL AND
PHYSICAL WELL-BEING**



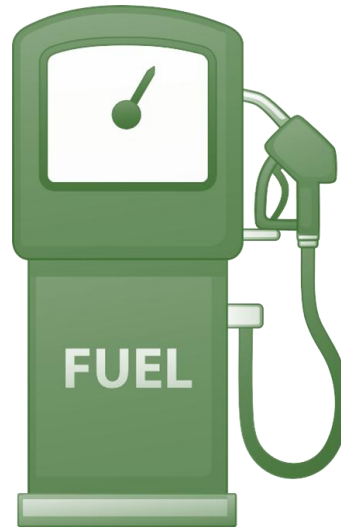
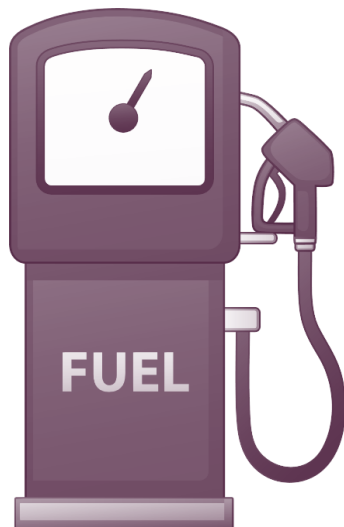
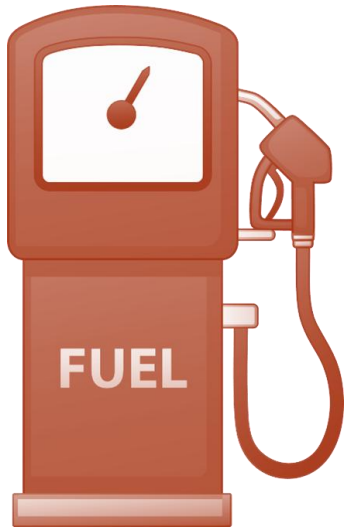


FOOD IS OUR FUEL

CARBOHYDRATES

PROTEINS


FATS



MACRONUTRIENTS



MICRONUTRIENTS



The CORRECT MIX of nutrients that our body needs is
crucial and makes the DIFFERENCE !
It helps your body run smoothly -like a well-tuned engine



CARBOHYDRATES

**Energy
function**

45-60% En
1 g = 4 kcal



COMPLEX



Slow-release energy

SIMPLE

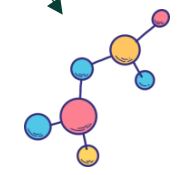
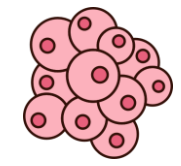


Ready-to-use energy



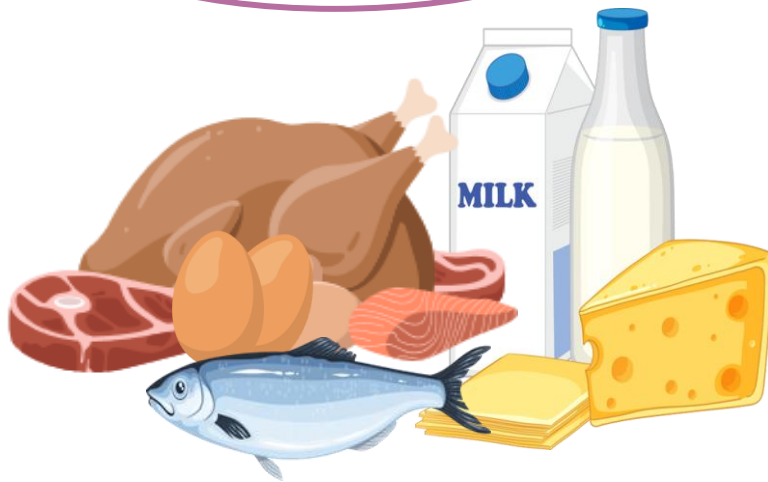
PROTEINS

Plastic-
Structural
Functional



15-20% En
1 g = 4 kcal

ANIMAL



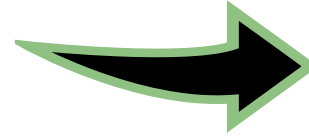
PLANT-BASED



Chickpeas, Borlotti & Cannellini beans (from San Ginese), red bean, lentils...

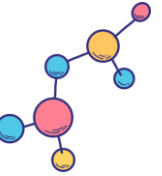
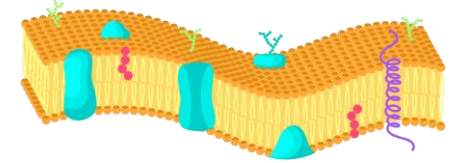


FATS

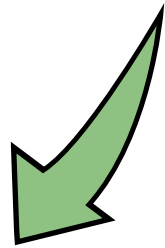


Functions

- energy reserve
- cell membranes
- Regulatory (Molecules with biological functions, hormones..)



25-30 % En
1 g = 9 kcal



PLANT-BASED



Nuts

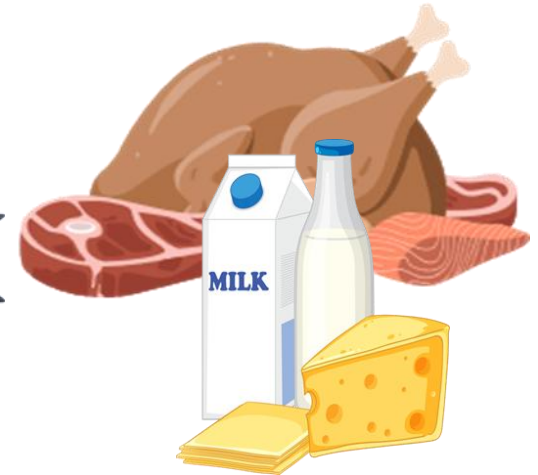


Oil seeds
(sesame seeds, chia seeds, pumpkin seeds)

ANIMAL



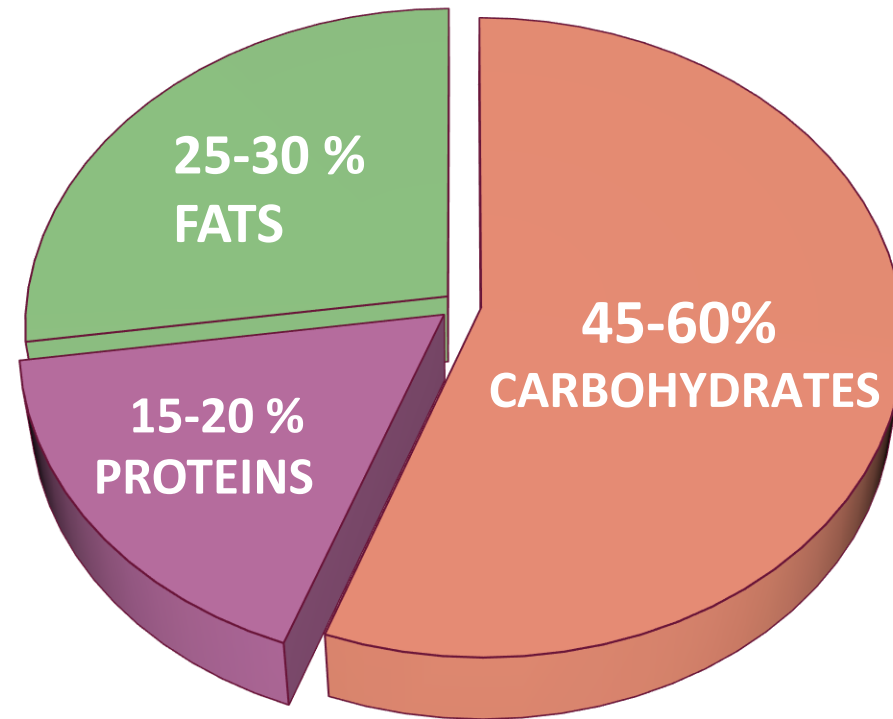
Oily fish

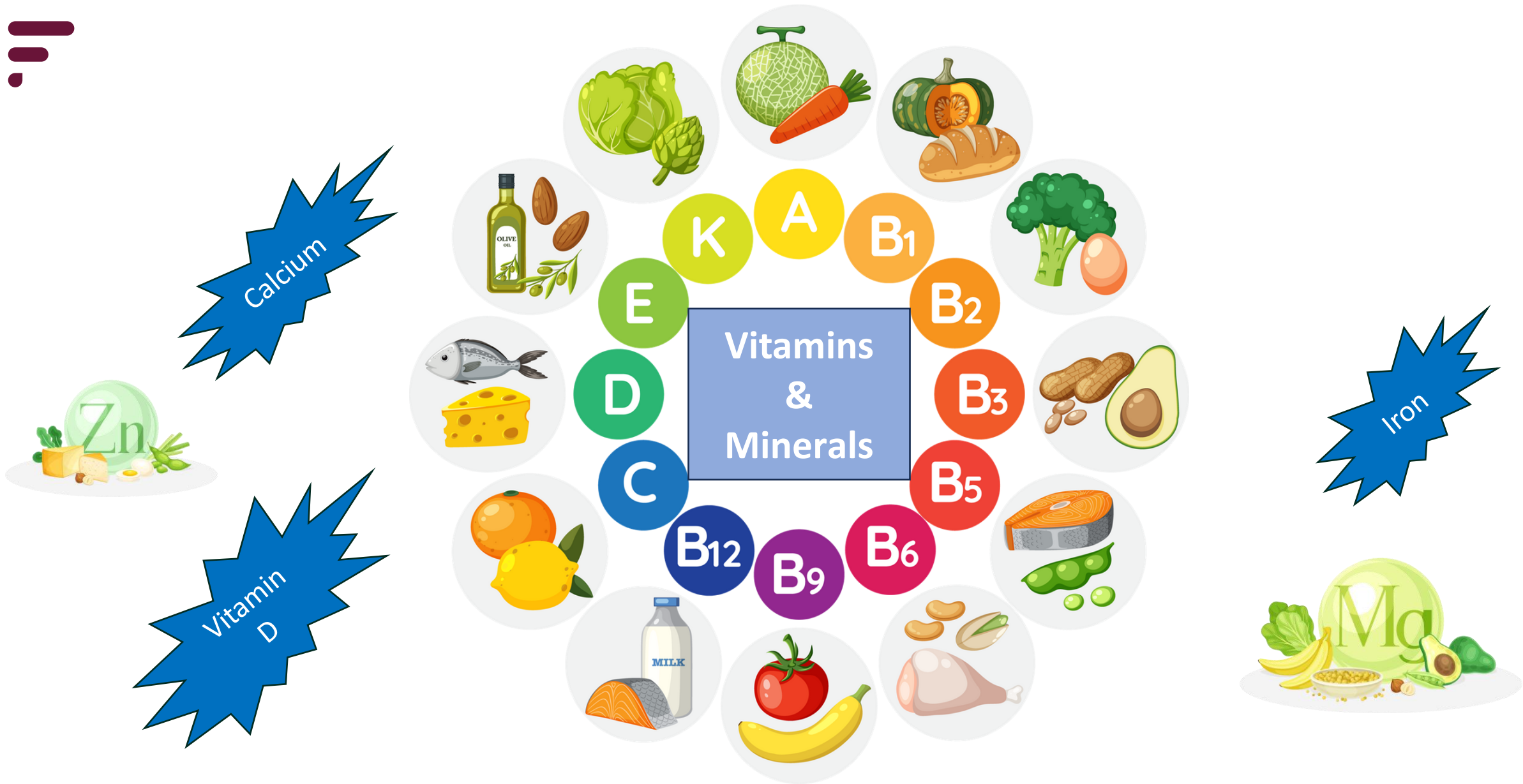




DAILY ENERGY DISTRIBUTION OF NUTRIENTS

Total Daily Energy







LET'S PUT IT INTO PRACTICE!

let's put it into practice!

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The five food groups



1. Grains and tubers

...what do we find inside?

- **Carbohydrates**
- Plant-based proteins
- Vitamins



2. Fruit and vegetables

...what do we find inside?

- **Water**
- **Fiber**
- Vitamins
- Minerals



3. Meat, fish, eggs e legumes

...what do we find inside?

- **Plant-based/animal proteins**
- Fats
- Vitamins
- Minerals



4. Milk, yogurt, cheese

...what do we find inside?

- **Animal proteins**
- Fats
- Vitamins
- Minerals



5. Fats

...what do we find inside?

- **Fats**
- Vitamins A D E K



LET'S PUT IT INTO PRACTICE!

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SOME FALSE BELIEFS

VITAMINS are found ONLY within fruits and vegetables



FALSE

Vitamins are also found within the other food groups; for example, in olive oil there is Vit E and in whole grains there are Vit A, E, B



TRUE

Starchy foods (pasta, bread, potatoes..) provide LESS energy



FALSE

Starchy foods are our main source of energy, as they are rich in carbohydrates



TRUE

Fruit and vegetables do NOT contain fiber



FALSE

Fruit and vegetables contain fiber that helps and promotes the activity of the digestive system



TRUE



THANKS FOR YOUR ATTENTION!



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