

## Annexure 2 – Sources of Food

# NUTRIENTS



Image Source: [https://www.brainkart.com/article/Components-of-Food\\_43039/](https://www.brainkart.com/article/Components-of-Food_43039/)






<b>Carbohydrates</b>	
<b>Proteins</b>	
<b>Fats</b>	
<b>Vitamins</b>	
<b>Minerals</b>	

Image Source: <https://slideplayer.com/slide/12374926/>

Further References:

<https://www.toppr.com/ask/content/story/amp/introduction-to-nutrients-123104/>

