

Food Group	Function	Examples of where found in foods
Protein	<p>Vital for structure and metabolic operations. It's a major component of body tissue and is therefore essential for growth and maintenance.</p> <p>Also responsible for:</p> <p><u>Enzymatic function / chemical processes</u> - such as digestion.</p> <p><u>Transportation</u> – within cells and externally. Haemoglobin is a protein which carries oxygen around the body.</p> <p><u>Hormonal function</u> – e.g. insulin (Controls levels of glucose) and thyroxin (regulates metabolism) are both proteins.</p> <p><u>Immune function</u> – antibodies are proteins. They are made by lymphocytes in the lymphatic system and help drain the lymph.</p> <p><u>Buffering</u> – The pH level in the body is maintained by proteins.</p>	<p>Milk, cheese, yogurts, eggs, lean meats (e.g. chicken, turkey), fish (e.g. salmon, tuna, sardines), meat alternatives (e.g. falafel, Quorn, tofu), nuts and seeds, pulses, beans and lentils.</p>
Carbohydrates and Sugars	<p>All carbohydrates are absorbed as glucose. It's a vital fuel source for the brain and all body tissues. Once in the body's cells, glucose is oxidised to provide a source of energy.</p>	<p>Natural whole fruits, root vegetables, wholegrain cereals, pasta, rice and bread; beans, chickpeas, lentils, nuts and oats.</p> <p>Avoid Free sugars (types that tend to be added to food). They are not any different to the sugar found naturally, however they do not provide good fat, fibre, vitamins or minerals as natural foods do. You are also more likely not to feel full.</p>
Fat	<p>Fat is distributed all over the body to fulfil a range of metabolic and structural functions as well as storage. Functions include:</p> <p>A reserve supply of energy; it's used by enzymes to make hormones; it protects essential organs by forming a protective layer; it acts as insulation just under the skin (subcutaneous fat stores); it's a structural component of brain tissue; fat has a transportation function carrying fat soluble vitamins and antioxidants; the body needs essential fatty acids from fats and it provides fuel for cells.</p>	<p><u>Saturated Fat</u>: Must be consumed in moderation due to risk of cholesterol. They include butter, lard, meat fat, cream, cheese, milk, coconut oil, palm oil, manufactured margarines (especially more solid varieties).</p> <p><u>Monounsaturated Fat</u>: Are usually liquid at room temperature and the most beneficial. The healthiest oils are olive oil and rapeseed oil. Monounsaturated fat is also found in avocados and many nuts and seeds.</p> <p><u>Polyunsaturated Fatty Acids</u>: (Omega 6 & Omega 3)</p> <p>Omega 6: To be consumed in moderation. Foods include sunflower oil, safflower oil, corn, palm, groundnut, canola and soya oils.</p> <p>Omega 3: Oily fish (fresh salmon, sardines, mackerel, herring, trout, kippers and pilchards can be consumed once a week). Omega 3 can also be found in rapeseed, linseed, canola and flaxseed oil and in small quantities in dark green leafy vegetables and nuts.</p> <p><u>Trans Fats</u>: Not recommended to consume as they lead to an array of health problems. These include foods such as fried foods, donuts, pastries, biscuits, pizza and some margarines.</p>