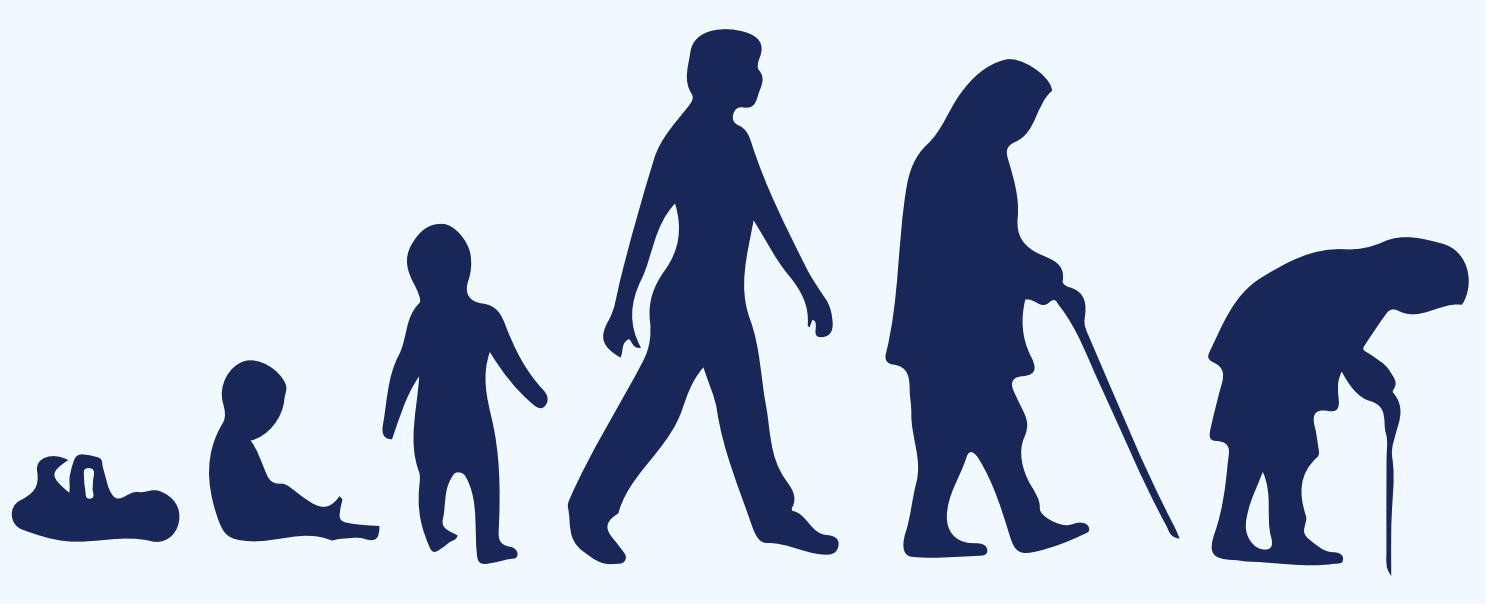
WHAT IS NUTRITION?

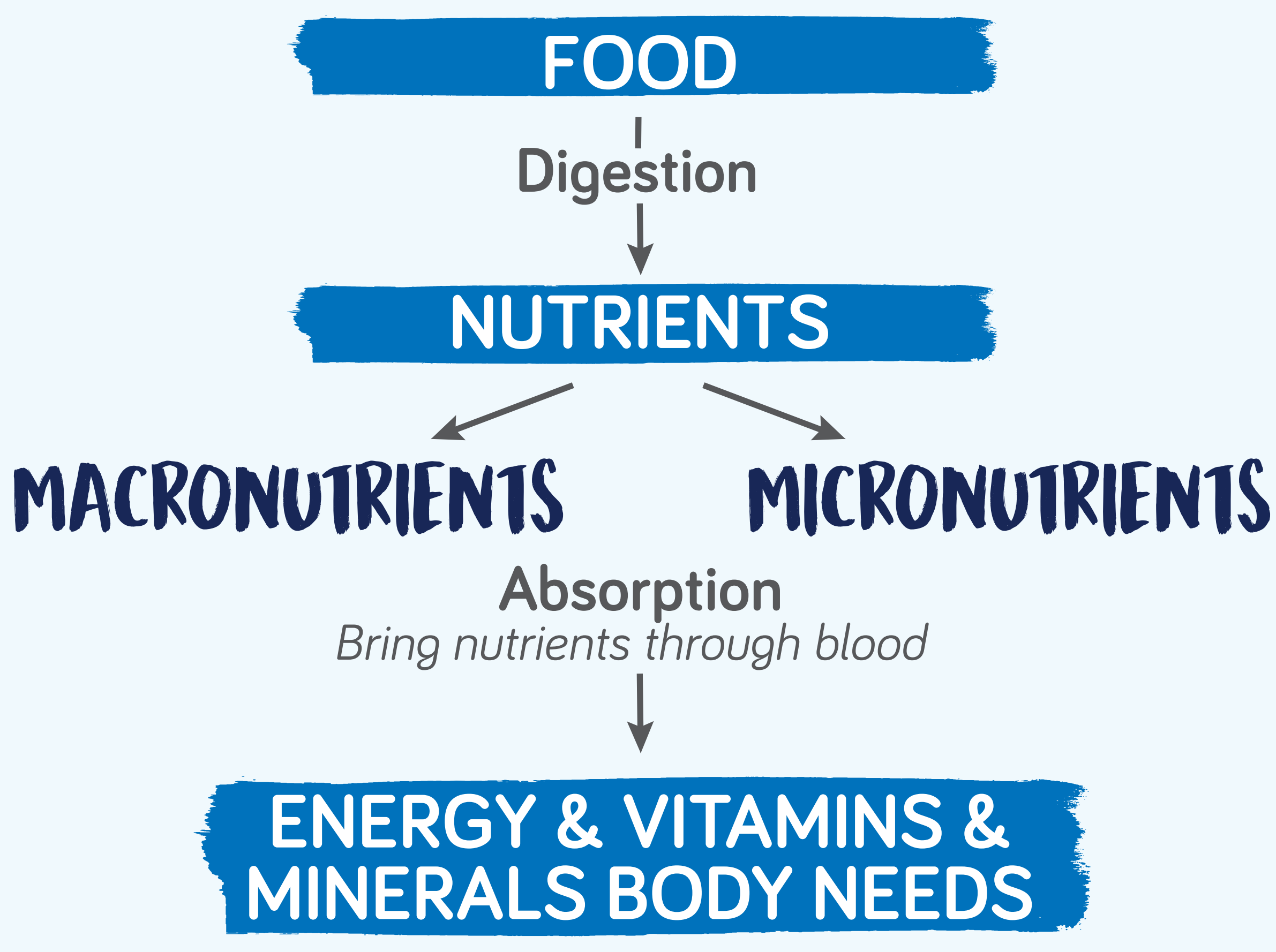
The process of providing or obtaining the nutrients necessary for health and growth.

What foods does our body need ?

Balanced diet with variety
of food with moderation



From food to nutrients : digestion and absorption through the gut



FOOD

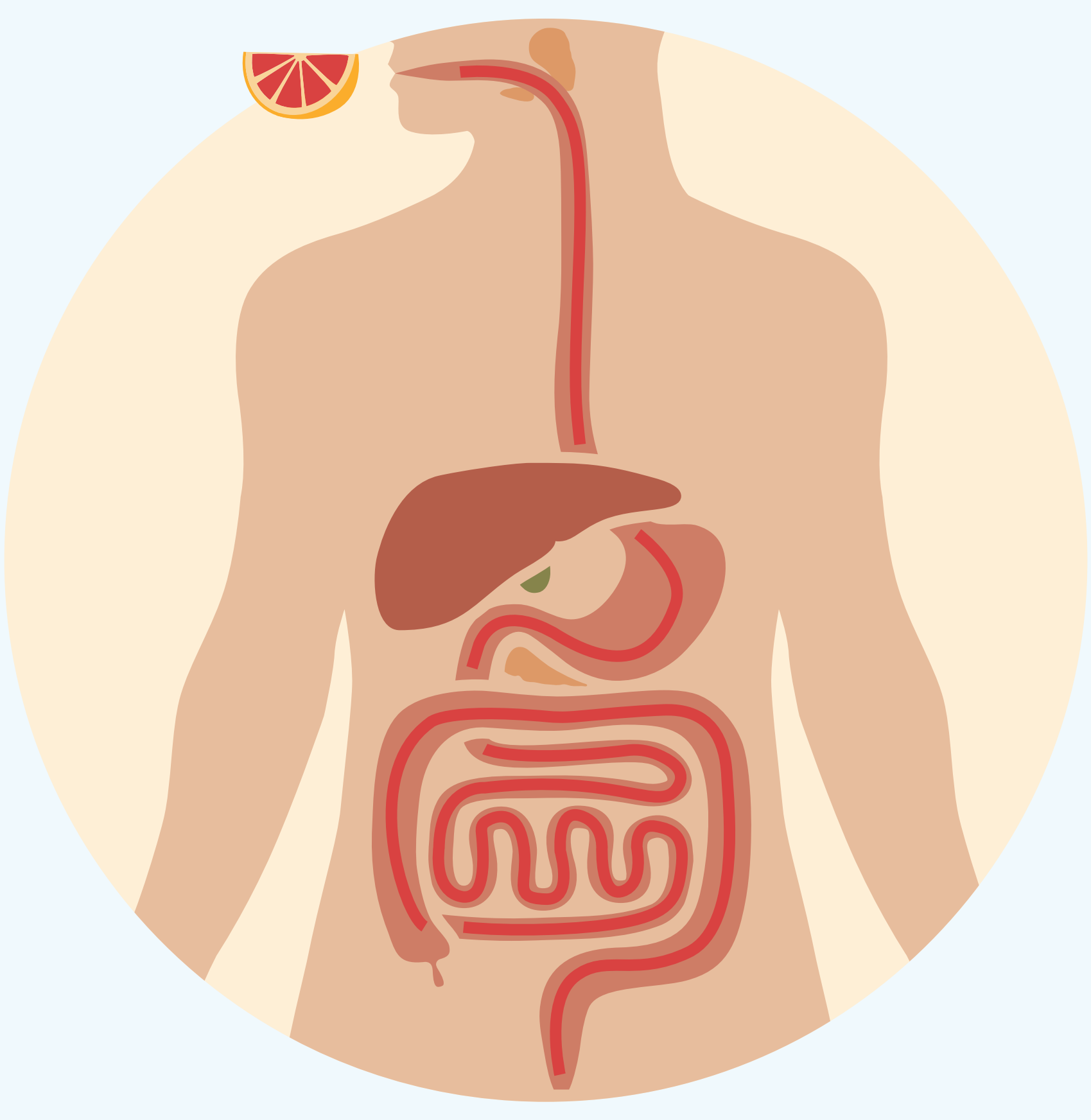
Digestion

NUTRIENTS

MACRONUTRIENTS **MICRONUTRIENTS**

Absorption
Bring nutrients through blood

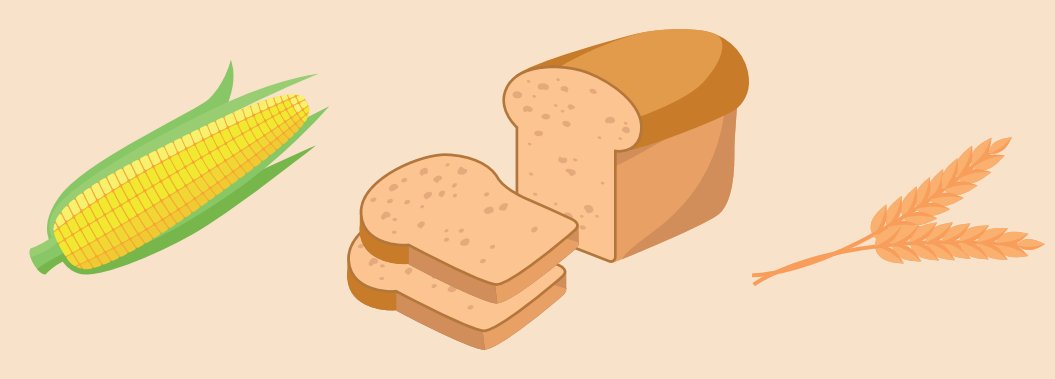
ENERGY & VITAMINS & MINERALS BODY NEEDS



MACRONUTRIENTS

CARBOHYDRATES

Main source of **energy** of the body



Simple carbohydrates

Digestible

Sucrose *Lactose* *Fructose*

Max free sugars: 10% of total amount of energy

Average adult daily needs:

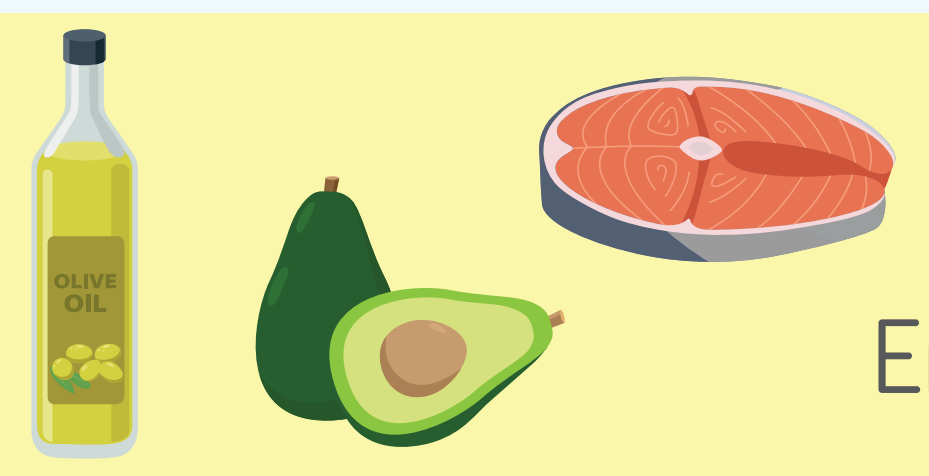
55%

Complex carbohydrates

Digestible *Non digestible*

*Fibers = 25/30g**

Starch *Fibers*



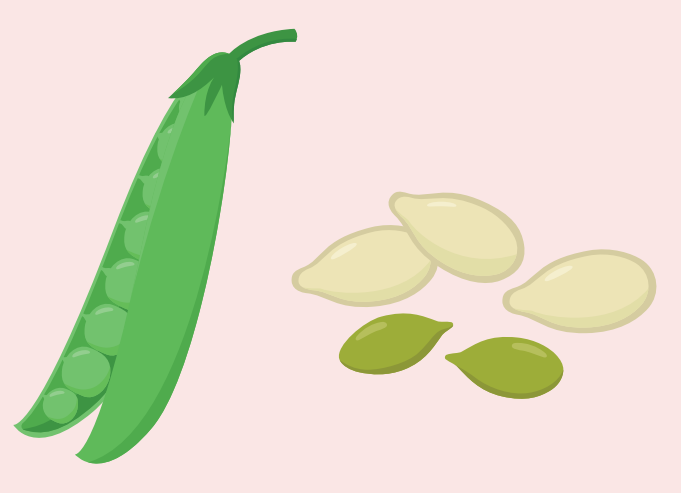
LIPIDS / FATS

Energy storage and several structural and functional roles.

High in unsaturated fat (UFA) w3 & w6

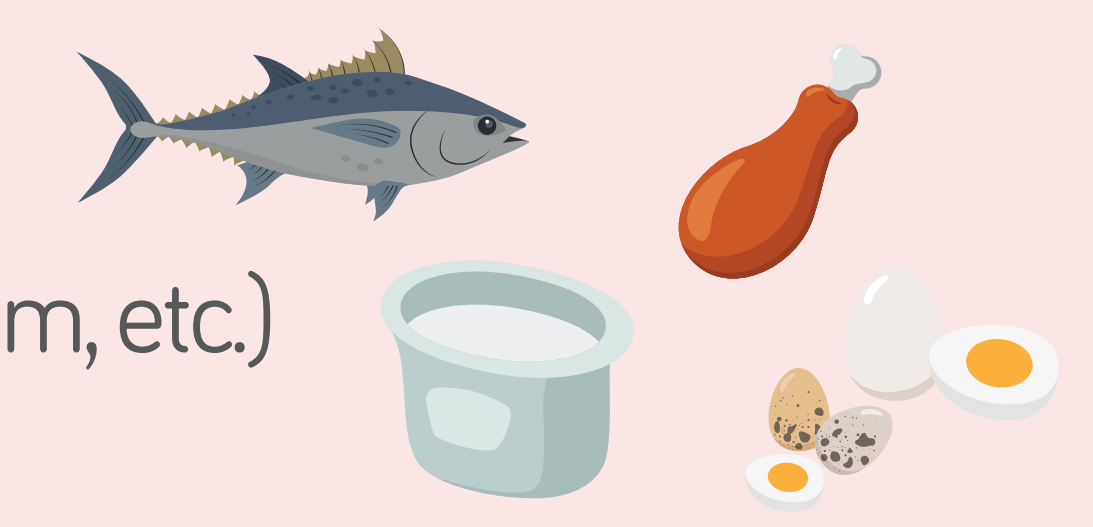
30%

High in saturated fat (SFA)



PROTEINS

Build and renew the body (structural role, hormone regulation, immune system, etc.)



Plant origin

15%

Animal origin

WATER

Transports nutrients and wastes in our body, necessary
for metabolic reactions, regulates T°

Adult daily needs:
*1,6L to 2L**

MICRONUTRIENTS

MINERALS

Each mineral or trace element plays a unique and often multifactorial role

Iron (Fe)
Hemoglobin formation
(oxygen transport)

Calcium (Ca)
Structural role (eg., Muscle contraction)

Magnesium (Mg)
Regular growth, development
and metabolic rate

VITAMINS

Ensure normal metabolism and physiological function

Fat-soluble : A, D, E, K

Vit D : Calcium absorption, immunity

Vit A : role in vision, growth and development, immunity

Vit E : antioxidant

Vit K: blood coagulation, bones metabolism

Water-soluble : C & B group

Vit B12 : energy metabolism, blood coagulation, DNA synthesis

Vit B6 : prevent Cardio Vascular diseases, co-enzyme, hemoglobin synthesis

Folic acid : protein metabolism

Vit C : antioxidant

DANONE
ONE PLANET. ONE HEALTH

DANONE INSTITUTE
Nutrition for Health

* Superior Health Council. Dietary guidelines for the Belgian adult population. 2019