

# Nutrition Security through Dietary Diversity

## Cereals



**Main Nutrient - Carbohydrate**  
**Role - Supports in providing energy & develops body**

## Pulses



**Main Nutrient - Protein**  
**Role - Helps in wound healing & maintains body**

## Fruits



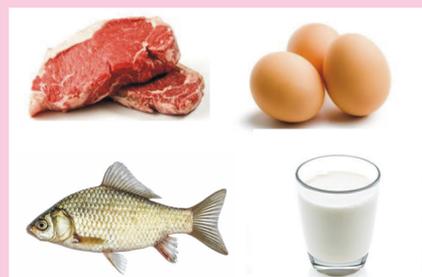
**Main Nutrient - Different Vitamins & Minerals**  
**Role - Develops Immunity in our body to fight against diseases**

## Vegetables



**Main Nutrient - Different Vitamins, Minerals & Fibers**  
**Role - Increase resistance capacity & develop immune system**

## Animal Products



**Main Nutrient - Protein, Fats & Vitamins**  
**Role - Maintain body texture, repairs internal organs & strengthen bones**

## Oil and Fats



**Main Nutrient - Fats & Vitamins**  
**Role - Provides energy in our body & secure our delicate organ (Heart & Liver)**

## Sugar & Jaggery



**Main Nutrient - Carbohydrate**  
**Role - Provides energy in our body**

Information on 7 essential food groups with the message on food diversity, types of nutrients and how it plays a role in our wellbeing and food and nutrition security.