

# 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



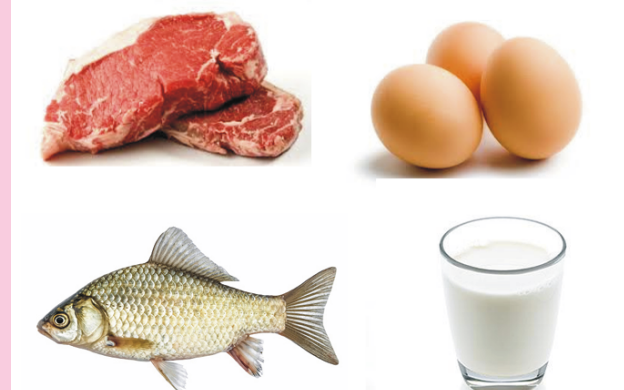
**Main Nutrient** - Different Vitamins & Minerals  
**Role** - Develops Immunity in our body to fight against diseases

## 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.