



Summary

The foods are composed of many constituents, which make their bulk and perform various functions. The main constituents of most foods are carbohydrates, proteins and fats. These constituents are the main sources of energy in most of the living beings. They not only provide the energy to living organisms but perform various vital functions in them. Besides, foods also contain water, vitamins, minerals and trace elements, however the percentage of these is very much low as compared to main constituents. All the constituents have their own significance and perform specific function in the food.

