

Carbohydrates Sugars and starches	Lipids Fats and oils	Proteins Chains of amino acids	Vitamins Organic compounds	Minerals Inorganic elements	Dietary fibre Ingestible plant material	Water H ₂ O
Supports digestive function Indigestible plant material that feeds beneficial gut bacteria – all from plant foods	Regulates biological processes Includes roles in immune function, bone development and nerve signaling	Supports specific body systems Iron for oxygen transport in red blood cells; calcium for bone and muscle function	Energy store and structural component Forms cell membranes and enables absorption of fat-soluble vitamins	Primary energy source for cells Broken down to release energy for muscle contraction and brain function	Universal solvent Enables all biochemical reactions and transports nutrients around the body	Builds and repairs body tissues Chains of amino acids used for growth, maintenance and enzyme production
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