



DEPARTMENT OF FOOD AND NUTRITION

TTWRDC (W) MAHABUBABAD-506101

STUDENT'S STUDY PROJECT



Topic: Nutritive values of different vegetables

Academic Year: 2023-26

Undertaken by J. Kalyani

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Under the Supervision of

J. Kalyani.

Title of project :- Nutritive value of
Vegetable
Subject :- Food and Nutrition

Project head :- Kalyani Madam

Department :- Food and Nutrition

Head of the department :- Kalyani madam


Number of team :- 5

Number of the project :- 1

class :- FNZC

Name of the team :- Guguloth Rajitha.

Signature of the lecturer :- 

Signature of the head
of department :- 

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PROJECT WORK

FOOD AND

NUTRITION



PINE APPLE

- Reduce the blood pressure.
- Support heart health
- Help to prevent constipation
- Improve fertility
- Reduce swelling, bruising, healing and pain associated with injury
- Help to fight skin damage caused by the sun and pollution
- prevent cancer
- Reduced risk of diabetes.
- The fruit was first named as "PINA" because it looks like a large pine cone.
- pineapples are usually red, purple or lavender in color.



DRAGON

- A sweet, oblong tropical fruit with a maguey-like exterior and white or purple flesh
- contains prebiotics
- It's naturally fat-free & high in fiber
- can boost your iron levels.
- High in vitamin C
- Rich in antioxidants like flavonoids, phenolic acid & betacyanin
- Immune system health
- cardiovascular health
- Antibacterial and anti-fungal
- cancer metabolism
- Vitamin content.



PROMGRANITE

Calories :- 234

Carbs :- 29 g

Protein :- 4.7 g

Fiber :- 11.3 g

Fat :- 3.3 g

- Rich in antioxidants.
- suits most skin types
- Aids in cell regeneration
- provides sun protection
- packed with anti-ageing properties
- Helps fight bacterial and fungal infections
- Improves memory power



KIWI

Calories :- 61

Fat :- 0.5 g

Sodium :- 3 mg

Carbohydrates :- 15 g

Sugar :- 9 g

Dietary fiber :- 3 g

Protein :- 1.1 g

- kiwi prevents Blood clotting
- kiwi can help Asthma
- kiwi improves Digestion
- Helps Regulate Blood pressure
- Supports immune function.



GUAVA

→ Guava is a tropical fruit and an excellent source of vitamin C, vitamin A, and folate.

calories :- 112

carbs :- 23.6 G

protein :- 4.2 g

fiber :- 8.9 G

fat :- 1.6 g

→ Treats Diarrhea

→ suppresses osteoarthritis

→ Relieves menstrual cramps

→ Fights flu

→ Improves heart health



BLACK GRAPE

→ Grapes are rich in nutrients, boost your immunity, provide antioxidants, promote better sleeps, improve the health of your heart, protect your eyes, and keep you well hydrated.

→ Some varieties of black grapes are much higher in antioxidants than green or red grapes. These chemical compounds help protect your cells from damage. They protect against diseases like cancer, diabetes, Alzheimer's, Parkinson's, and heart disease. They can also help you heal from illness faster.



BANANA

→ Bananas contain essential nutrients that may enhance heart health, help manage blood pressure, and boost a person's mood among other benefits. Eating bananas can help lower blood pressure and may reduce the risk of cancer.

→ Improve blood sugar levels

→ prevent constipation

→ improve gut, kidney, and heart health

→ aid in weight loss

→ keep you feeling full

→ support post-exercise recovery.