

(1983)

LN 38.015

J. Human Nutr. Food 6

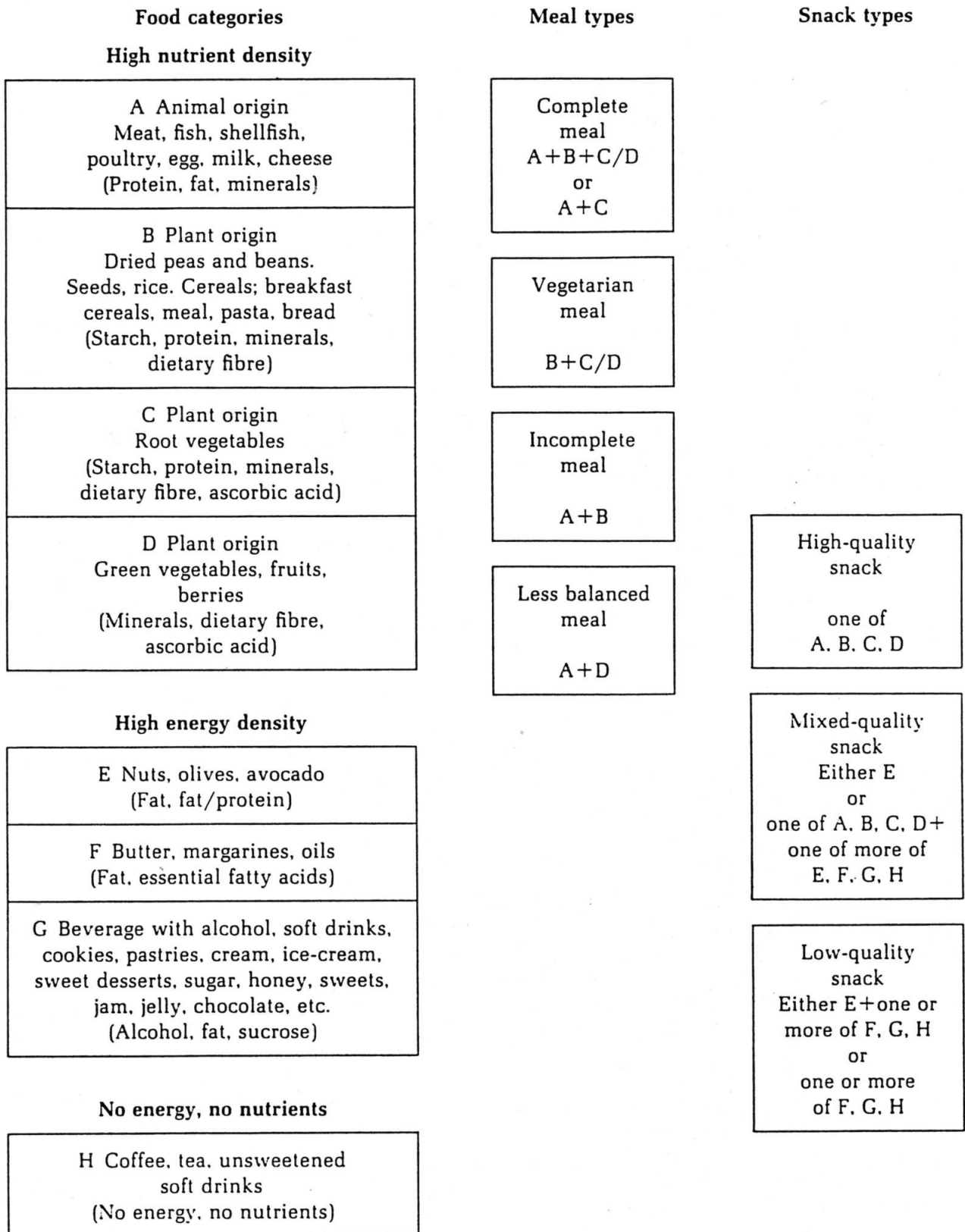


Fig. 1. The food categories of various nutrient quality and their roles as components in different types of meals and snacks.

origin. They contain vegetable protein, starch and dietary fibre, but have a low/very low content of fat. Food category C comprises food items of plant origin that have a high content of starch but a low/very low content of protein and fat.

They contain ascorbic acid. Food category D contains food items of plant origin that have a very low content of starch, protein and fat. They contain ascorbic acid.

Food categories E, F and G are considered to have a high energy density, i.e.