

report

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Diet Analysis

Name

University

Class

Nutrition and food consumption since we have been teaching about food in class, our job was to show the food log. Food involves a well-balanced diet containing food and vitamins like amino acids and fatty acids. Over the last seven times I have been recording and have been seeing really carefully in my consumption of foods, minerals, vitamins, and fats (Whitney, & Rolfes, 2018).

Diet as in food is the amount of food consumed by the person or different organisms. The word diet often involves the use of proper consumption of food for health or weight-management reasons (with these two frequently being linked). Although humans represent omnivores, each society and each individual carries some food preferences or some matter taboos. This may be because of personal preferences or moral reasons. Personal dietary options may be about good. Full food involves consumption and concentration of vitamins, minerals, and food life in the form of sugars, proteins, and fats.

Vegetarian and Vegetarian diets have been considered a nutritional situation during pregnancy, and they need keen awareness to reach full consumption of vital foods, as much, these diets constitute at risk of dietary deficiencies. As reported, some studies have demonstrated an inadequate supply of essential foods, e.g., vitamin B12, vitamin D, calcium, zinc, metal, proteins, vital fatty acids, and iodine in vegetarian and vegan diets.

Personally, personal food counseling typically requires you keeping a diary or a food journal of what you consume every day. Most food diaries are held for a few times to a couple of weeks. The diet is then assessed for nutritional content, weight, calories, component sizes, fat and sugar consumption, etc.

References

Whitney, E. N., & Rolfes, S. R. (2018). *Understanding nutrition*. Cengage Learning.

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