

Diet Analysis Research Paper

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A balanced diet is a good way to change one ' s health for the better. However, it is necessary to examine all major components of this diet to keep it in a proper way. According to the latest researches, a balanced diet has the following basic components: fruits and vegetables, and wholegrain (Goodrow 205).

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Diet Analysis Paper They ' re many different nutrients, minerals, and vitamins you have to take in to maintain a healthy diet. The nutrients in my diet I have to improve on are, eating higher protein, and fiber foods. But also take in less sodium and fat. Minerals and Vitamins are also a very important thing in your diet.

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The paper should be able to give the role that the diet is meant to serve in the body, it should provide the value this food is required to add to an individual ' s body. Also in the body, the factors which are very potential and considered to be of significant risk when it comes to diet analysis should be given.

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Overall, the epigenetic age analysis of blood confirms the conventional wisdom regarding the benefits of eating a high plant diet with lean meats, moderate alcohol consumption, physical activity, and education, as well as the health risks of obesity and metabolic syndrome.

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The analysis showed that my average intake of proteins was about 1.5 times higher a day than the recommended daily intake that was 70.5 g and 46 g a day respectively. At the same time, the average intake of calcium is lower than the recommended index, particularly 867 mg per a day compared to 1000 mg a day those recommended.

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