

Diet analysis paper essay sample

[Nutrition](#)



**ASSIGN
BUSTER**

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. I have to improve my diet by consuming more calcium and potassium. I'm going to improve my diet by doing these things.

Like I said I don't eat enough protein and fiber, to improve this I have to eat fewer carbohydrates and calories like junk foods and more meats and dairy. Also eating more grains, fruits and vegetables which have high fiber. Protein is important because it gives you energy and helps your muscles grow. Fiber helps you digest food better and keep low blood cholesterol.

Another way to improve my diet I have to have more calcium, and potassium. Calcium is in milk, and other dairy products and helps your bones grow and stay strong. Potassium is found in fish, fruits and vegetables and is important to have in your diet especially in relation to sodium, because it aids in muscle, blood pressure and emotional well being. I should also consume higher magnesium foods such as green vegetables and nuts. Magnesium helps maintain normal muscle and nerve function, keeps heart rhythm steadily, supports a healthy immune system, helps bones strong, regulates blood sugar levels, and promotes blood pressure.

Last way to improve my diet is increasing the intake of vitamins. They are important to a healthy diet because they are involved in protecting the body from oxidative damage and gene expression. Vitamin A is a fat-soluble stored in the liver and is found in carrots, mangos, spinach ect. Vitamin B6 is

a water soluble vitamin and plays a vital role in the chemical reactions that happen in your body. It helps in the formation of heme in red blood cells which carry oxygen around the body and is essential to metabolize foods into energy. Vitamin C is acts as an electron donor for eight different enzymes and fights off the effects of having high blood cholesterol. Vitamin c is found in fruits like oranges and grapefruit, and also many vegetables.

Therefore, to have a healthy diet you must have consume a certain amount of nutrients like calories, fats, carbs, fiber and many more depending on you're height, weight, and age. Minerals play a large role in your diet also. They help you grow, develop and stay healthy. Vitamins gives you the ability to build muscles, break down fats, help your body acclimate to hot and humid temperatures, and aid as protection and products of white blood cells in your body.