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The food that hotels serves as fast foods contain high levels of calories, fat, and other things that should be low in food. It comprise of food that people would want to avoid eating. Hotels that offer fast food continue to do well since many people do not care but take the unhealthy food. For one to make diet healthful, one should engage in some physical activities (Dunn, 2012, p. 42).

### Contemporary Nutrition

Nutrition refers to a lifestyle change that requires one to be determined and patient to look healthier. For one to make nutritional changes in their life, one has to learn that health is not just about diet. There are many factors that affect nutritional changes, which include stress, health, family, time, budget, and work. One should ensure that the above factors do not affect them in attaining excellent health nutrition. One also has to ensure that they acquire healthy food with the required level of food supplements (Schiff and Alters, 2011, p. 15). This will have a tremendous influence of the nutrition of a person. One should ensure that they choose healthy food as a way of ensuring a healthy diet.

### Visualizing Nutrition

This entails the study behind living organisms and food relative to calorie content. Nutrition density is tremendously essential in the determination of

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the various types of food that one should feed on to attain the required level of calories. One should ensure that they take the required level to maintain their bodies healthy. The issue of taking a balanced diet is tremendously vital in ensuring that a diet is healthful. A person should ensure that they take food that provides them with all types of nutrients. The amounts and types of nutrients that a person needs depend on the rate of growth (Smith and Wardlaw, 2012, p. 27). To achieve a balanced diet, one should choose wholegrain foods and over white processed foods. One should also consume 3 cups of low fat milk or other dairy products which comprise of cheese, yogurt, and calcium.

#### References

Smith, A., Wardlaw, G. 2012. Contemporary Nutrition: McGraw-Hill Companies, Incorporated

Dunn, C. A. 2012. Everyday Nutrition: Jones & Bartlett Publishers

Schiff, W., Alters, S. 2011. Essential Concepts for Healthy Living: Jones & Bartlett Learning