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Discussion board Introduction Punishments in justice system often serve as justice to the victims of various crimes. As such, the punishment should always be commensurate to the crime. However, when investigating and proving the guilt of a suspect the prosecutor must always prove the intentions for the crime a feature that validates the consideration of diets among other external factors. The investigation of such external factors as diet helps prove the psychological wellbeing of a suspect and can therefore explain a particular behavior pattern. The difference between murder and manslaughter for example relies in the details of each crime. By investigating and considering the diets of a suspect, psychiatrists, who always help establish the mental stability of suspects, readily establish the motives of the suspects thereby influence the entire judicial process.   
The phrase “ Twinkie defense” portrays the importance of behavior analysis in court cases. In the trial of Dan White, a former police officer in San Francisco in 1979, the psychiatrist observe that the police officer killed the two victims involuntarily an was suffering from depression. Such determinations arose from the fact that White fed on junks a feature that portrayed his emotional and mental instability. The junks were therefore a symptom of the suspect’s psychological stability. The explanation changed the justice system as the judge later fund White guilty of manslaughter but not murder (Weiss, 2010).   
Briefly, observing diets among other external factors is vital process of psychoanalysis that helps determine the mental stability of people. In judicial processes, such observations are important since they prove the motives of the various actions. Observing such features is therefore vital inclusion in court proceedings that influence the effectiveness of the entire process.   
Reference   
Weiss, M. (2010). Double Play: The Hidden Passions Behind the Double Assassination ofGeorge Moscone and Harvey Milk. New York: Vince Emery Productions.