

Serving size of carrots and snap peas(presentation)

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Serving Size of Carrots and Snap Peas Carrots are naturally sweet, delicious and crunchy vegetables that are healthy additions you can make to the vegetable list in your diet. They have great benefit to our health because of a variety of reasons which has been proven by scientists worldwide.

Carrots contain the recommended amount of carbohydrate when cooked acting as a good energy supplement. The most outstanding fact about carrots is their low concentration of saturated fats and cholesterol unlike pretzels which have large amount of calories. Doctors argue that Pretzels present a greater risk to human beings of contracting diseases such as diabetes and obesity. Nutrition experts have come up with a recommended serving size of both carrots and pretzels which we are advised to adhere to. For carrots, we should at least consume half a cup of cooked carrot sticks, which translates to about 75g (100-350kj). This is the recommended serving size of carrots that we ought to consume.

Pretzels on the other hand are not essential and ought to be served in small quantities. Nutrition experts recommend that we should consume it once in three days and avoid addition of honey and other sugary products. Pretzels serving size is 20 minis which is 30g and contains 110 calories. Meaning we ought to consume more of carrots than pretzels in order to maintain good dietary practices.

Snap peas is another example of a highly nutritious food, doctors advocate that we ought to take them in large quantities. Personally I am big fan of snap peas because of their sweet taste. Snap peas contain little concentration of cholesterol, sodium and fats. In addition it is rich in Riboflavin, Pantothenic Acid, Magnesium, Phosphorus and Potassium.

Besides, I would recommend you to increase the consumption of snap peas
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because they are rich in fiber which is vital for the body.

Its serving size is half a cup of cooked snap peas which is 80g translates to 60 calories. Unlike snap peas, chips fall under junk food and have varied adverse effects on our health. For instance, they contain too much calories and cholesterol. Junk food has been identified globally as a source of bad cholesterol which causes complications such as heart disease and stroke. My advice to you is to reduce or avoid the consumption of chips to avoid bad cholesterol and the risks associated with it.

References

Gregory H, Health Eating, New York: Capstone, 2013 Print