

Food technology: nutrition assignment



**ASSIGN
BUSTER**

Protein is essential for the body to process, including tissue building and repair. Protein is made up of components called amino acids; a complete protein has all the amino acids that are necessary to make up protein. Most plant-based foods are not complete proteins (they only contain some of the amino acids). Soy is one of the only complete vegetable proteins. For a vegetarian consuming many sources of amino acids throughout the day should provide a complement of protein. Some good plant resources of protein include legumes such as peas, beans and lentils, nuts and seeds, soy products for example tofu and whole grains.

For vegetarians it is recommended they eat legumes and nuts daily along with other protein rich plant foods to ensure adequate nutrient intakes. Vegetarians tend to get tired and lack energy. The more vegetables and natural products that are eaten with provide all the amino acids and energy that you need. Vegetarians also need to make sure that they get the right amount of necessary minerals. Iron is one of the many minerals that's needed to making a suitable diet although vegetarians diets are generally high in iron from plant foods.

But this iron is not absorbed as well as the iron from meat products. Foods that are rich in iron for vegetarians include whole grains, legumes, tofu, green leafy vegetables and dried fruits. Zinc also performs essential functions in the body; the best food sources of zinc include nuts, tofu, milk, legumes and wholegrain foods. Calcium is needed for strong bones and teeth, certain food sources that give the body its intake for calcium is dairy rich products, cereals, fruit juices, soy products, tofu, leafy dark green vegetables, almonds, almonds and other nuts.

Another important dietary requirement for vegetarians include vitamin B12, which is important for the production of red blood cells that helps to maintain healthy nerves and a healthy brain. Vitamin B12 can be found in dairy products and eggs. It can also be found in soy beverages and some vegetarian sausages and burgers. The amount of vitamin D such as symbolism and cereals. Vegetarians don't eat meat for a range of health, environmental, ethical, religious or economic reasons. A well-planned vegetarian diet can meet nutritional needs. Question 2: When becoming vegetarian there are many risks that are present.

Vegetarians need a nutritious balanced diet to maintain a healthy body. If these needs are not met it can affect the person's health greatly. One of the problems that can occur whilst being vegetarian is a protein deficiency. This applies to vegetarians that don't eat eggs or cheese. Most vegetarians' sources of protein are incomplete proteins, proteins missing one or more amino acids. Eating a variety of protein from many different sources can prevent this such as tofu, nuts and beans. A vitamin B12 deficiency can also occur because it is mainly found in meat and animal products.

A food such as cereals can prevent the deficiency from happening. Because of low intake of iron in a vegetarian's diet it is important to contain foods like raisins and broccoli to stop an iron deficiency from occurring that may include symptoms such as fatigue, decreased immune function and decreased body temperature. The vegetarian diet can also cause a calcium deficiency, which may result in weak bones and teeth. Diets rich in dairy such as milk, cheese, butter and yogurt as well as soy products can help avoid a calcium deficiency.

Zinc helps us smell and taste, heal wounds and is a factor in cell growth. Without having the correct daily intake of zinc, it can cause your body to have a deficiency leading to poor appetite and infections. Eating legumes, peanuts and peanut butter can help your body absorb zinc without having to eat meat. A lack in sufficient iron in the body can cause anemia, symptoms include exhaustion, weakness, slow development and chills. The type of iron found in beans, lentils, grains, spinach, raisins and tofu is adequate for our bodies needs.

A vegetarian diet is a healthy choice if you pay attention to nutritional requirements and follow a balanced eating plan. DAY 1 Breakfast: 3 egg omelet with spinach with a strawberry, banana and tofu protein smoothie. Lunch: 1 Hummus vegetable sandwich on wholegrain bread with 1 glass of freshly squeezed orange Juice Snacks: 2 homemade peanut granola bars Dinner: Vegetarian roast vegetable and tofu lasagna Desert: Fresh fruit salad and yogurt Analysis: Within this days diet, vegetarians will get the correct amount of nutrition they need.

Protein is needed for energy and is usually found in meat, because vegetarians don't eat meat eggs and spinach, tofu and the granola bars are a great source of protein. Vegetarians will receive their RD' of calcium from a glass of milk, a smoothie and yogurt. RD' of zinc is also reached from the nuts in the granola bars. Vitamin c is found in the orange Juice and the RD' of iron is found in the grained bread. 1 avocado on wholegrain toast with 1 pouched egg and 1 glass of fresh orange Juice 2 scrambled eggs and salad sandwich and with mayonnaise and 1 glass of milk Handful of pumpkin seeds and a banana

Greek lentil casserole with bell peppers and feta Dessert: 1 bowl of frozen berries and yogurt Within this days diet, the correct protein needs are met from the I-pouched egg and the two scrambled eggs as well as the lentils in the casserole and mayonnaise and pumpkin seeds. RD' of calcium is received from 1 glass of milk, yogurt, feta and from pumpkin seeds. Pumpkin seeds are very good for you and full of iron, zinc, calcium and magnesium, arguably the four most important minerals our bodies need. The casserole contains a high amount of vitamin c and dietary fiber.

Day 3: bowl of Roasted banana-nut granola with Greek yogurt and freshly squeezed Juice 1 bowl of Chickpeas, Corn and Red Peppers with Honey-Lime Vinaigrette 1 bowl of Tuscan white bean stew 1 bowl of Watermelon sorbet Within this days diet, I have included the correct source of protein that comes from the chickpea vinaigrette, nuts in the granola and the Tuscan white bean stew. Calcium is found in the yogurt, watermelon sorbet and the white bean stew. A source of vitamin c is also met through the orange Juice and there is dietary fiber within the stew and chickpea salad. RD' of iron includes in the nuts and white beans.