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 Nutrition Analysis

 A balanced diet recoils the body with nutrients it needs every day. According to America’s food guide, eating food from four groups is currently not succeeding in the United States. The food contains mainly four groups, proteins, vegetables and fruits, fats and oils, and carbohydrates (Mozaffarian et al.).

**Food Record and Comparison**

The day starts with breakfast. Details of the 72 hours diet are the day one breakfast contains a glass of orange juice with a fried egg. Lunch would be comprising of 1 plate rice with lentils. Heavy dinner includes the consumption of a cold drink with a pizza. The next day breakfast with four slices of bread and margarine butter and a big cup of coffee. The lunch would be a plate of meat with tortilla, and the dinner will comprise of mac and cheese along with cooked bacon. The third day will start with breakfast having 4 maple syrup dispensed on pancakes and a cup of milk. Chicken burger and fries would be consumed in lunch and dinner with sushi along with a pineapple cake.

After relating the daily consumption with the provided food guide, it has been perceived that it is deficient in many parts, the food was plentiful of sugar, starches and was lacking in minerals, water, vegetables and fruits and also protein groups are not sufficient in the diet (Bowman et al.). Deficiency of vegetables and fruits can cause serious complications as it is the food group that provides minerals and vitamins.

*Recommendations and Analysis*

Based on the everyday food consumption and rendering to the food guide, it is proposed that consuming food from all food groups such as vegetables, fruits, dairy, fats and oils, proteins, and carbohydrates is essential to be added in the diet (Mozaffarian et al.). According to the nutrition guide, daily intake of 56 grams proteins, egg deprived of yolk 100 grams, fish 100 grams, carbohydrates 130 grams, and vegetables in the boiled form 200 grams is suggested.

**Water**

Daily sufficient amount of water is suggested by the nutritionists as water is a vital body solvent compulsory for the cells and tissues to function effectively.

**Balanced Diet Portions**

According to the food guide, it is endorsed to have an adequate amount of vegetables and fruits and protein in the bowl to accomplish the prerequisite of this group into the diet. This food group will justify the daily supplies of proteins, minerals, and vitamins to the body.

**Proteins**

The food group is essential to be added to the diet as it provides nutrients essential for the body muscles and cells. Grains are also proteins, and it should be taken in the form of whole grains.

**Carbohydrates**

Starches and carbohydrates are also essential for the body as it provides instant energy to the cells and tissues. It should be consumed less in a day that is 130 grams of carbohydrates in a day as per the National Academy of sciences.

**Fats and Oils**

Another important food group is essential for the cell structure and many enzymatic activities of the body. However, it should be used and consumed in low quantities.

**Vegetables and Fruits**

It is another important food group that provides and nourishes our body with vitamins, minerals, and fibers. It should be added in the diet as the vitamins and minerals are an essential part of many functions and metabolic reactions of the body.

**Conclusion**

The above recommendations of food groups and their requirements have suggested that diet must be taken appropriately, and it should fulfill the requirements of the body. Studies have suggested according to the diet consumed in 72 hours, there is a higher probability of acquiring cardiovascular diseases, cholesterol imbalances, and other diabetes-related problems in the future (Kline et al.). When the body is more inclined to the illnesses, in that case, a vigorous body will arouse the defense system to fight and defend the body against the diseases, timely and competently.

# Works Cited

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