

Project- Week 01 (Horizons-25 Data Sci)

Food Tracking Table Explanation

This document provides a detailed explanation of the fields captured in the food tracking table. Each field has been carefully chosen to provide comprehensive insights into dietary habits, nutritional intake, and cooking practices. The rationale behind each field is explained below.

Date

The 'Date' field captures the specific day on which the meal was prepared and consumed. Tracking the date helps in understanding eating patterns over time, identifying trends, and planning meals accordingly. It also aids in correlating dietary intake with other factors such as physical activity, mood, and health metrics.

Cooking Time (min)

The 'Cooking Time' field records the duration required to prepare the dish. This information is valuable for meal planning, especially for individuals with busy schedules. It helps in selecting dishes that fit within available time slots and managing time efficiently in the kitchen.

Utensils Used

The 'Utensils Used' field lists the kitchen tools and equipment required to prepare the dish. This field is useful for ensuring that the necessary utensils are available and ready for use. It also aids in understanding the complexity of the dish and the level of culinary skills required.

Estimated Calories (kcal)

The 'Estimated Calories' field provides an approximation of the energy content of the dish. Tracking calorie intake is essential for managing weight, maintaining energy balance, and achieving fitness goals. It helps in making informed decisions about portion sizes and overall dietary intake.

Protein Sources

The 'Protein Sources' field identifies the ingredients in the dish that contribute to its protein content. Proteins are vital for muscle repair, growth, and overall health. Understanding protein sources helps in ensuring adequate protein intake and diversifying protein-rich foods in the diet.

Proteins (g)

The 'Proteins' field quantifies the amount of protein in grams present in the dish. Tracking protein intake is crucial for meeting dietary requirements, especially for individuals with specific health or fitness goals. It aids in balancing macronutrients and optimizing nutritional intake.

Carbohydrate Sources

The 'Carbohydrate Sources' field lists the ingredients that contribute to the carbohydrate content of the dish. Carbohydrates are the primary source of energy for the body. Identifying carbohydrate sources helps in managing energy levels, selecting complex carbs for sustained energy, and avoiding excessive intake of simple sugars.

Carbohydrates (g)

The 'Carbohydrates' field quantifies the amount of carbohydrates in grams present in the dish. Tracking carbohydrate intake is important for maintaining energy balance, managing blood sugar levels, and supporting physical activity. It aids in making informed choices about carb-rich foods and portion sizes.

Fats Used

The 'Fats Used' field identifies the types of fats and oils used in the preparation of the dish. Fats are essential for various bodily functions, including hormone production and nutrient absorption. Understanding the types of fats used helps in selecting healthier options and managing overall fat intake.

Fat (grams)

The 'Fat' field quantifies the amount of fat in grams present in the dish. Tracking fat intake is crucial for maintaining heart health, managing weight, and achieving a balanced diet. It aids in making informed decisions about fat-rich foods and portion sizes.

Spices

The 'Spices' field lists the spices and seasonings used in the dish. Spices not only enhance the flavor of the food but also offer various health benefits, such as anti-inflammatory and

antioxidant properties. Understanding the spices used helps in appreciating the culinary diversity and potential health benefits of the dish.

Vegetables / Fruits Used

The 'Vegetables / Fruits Used' field identifies the plant-based ingredients in the dish. Vegetables and fruits are rich in vitamins, minerals, fiber, and antioxidants. Tracking their usage helps in ensuring a balanced intake of essential nutrients and promoting overall health.

Dairy

The 'Dairy' field lists the dairy products used in the dish. Dairy products are a good source of calcium, protein, and other essential nutrients. Understanding the dairy content helps in managing lactose intake, ensuring adequate calcium intake, and diversifying dairy options in the diet.