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| --- | --- | --- | --- |
| Category | Findings | Reference | Organ affected |
| Consumption of Fruits & Vegetables  Inadequate intake of Fruits & Vegetables | It helps to ensure an adequate daily intake of dietary fiber, essential minerals, and antioxidants.  Mitigates the negative effects of elevated sodium consumption  Risks of NCD (Noncommunicable Disease) like cardiovascular diseases, cancers, diabetes, and chronic respiratory diseases. | <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>  proper | Stomach  Intestines  Liver  Lungs  Heart  Skin  Eyes  Brain  Obesity |
| Consumption of Fats  **Too much intake increases:**  **This can be reduced by:**  **Alternative methods for preparing:** | A small amount of fat is an essential part of a healthy, balanced diet, as it consists of fatty acids, and helps in absorbing vitamins.  Weight gain, risk of developing NCDs  Limited consumption of reduced-fat dairy products and meat products  Limiting the consumption of baked or fried foods  Also, pre-packaged snacks and foods (like doughnuts, cakes, and pies)  Steaming or boiling instead of frying when cooking  Replacing butter, and ghee with oils rich in polyunsaturated fats such as soybean, and sunflower oils. | <https://www.who.int/news-room/fact-sheets/detail/healthy-diet> proper  <https://www.nhs.uk/live-well/eat-well/food-types/different-fats-nutrition/> | Liver  Pancreas  Stomach  Brain  (Alzheimer)  Heart  Obesity and weight gain |
| Consumption of Salt, sodium, and potassium  **Too much intake increases:**  **This can be reduced by:** | Foods like processed foods (ready meals, bacon, ham, salami, cheese), bread, table salt, added during cooking, and sauces  High sodium intake and insufficient potassium intake lead to High blood pressure, which in turn increases the risk of heart disease and stroke.  Limiting the amount of salt and high sodium condiments (ex: soy sauce)  Limiting consumption of salty snacks and choosing products with lower sodium content. | <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>  proper | Heart  Blood vessels  Kidneys  Brain  Obesity  and weight gain  Digestive system  Bone health degradation |
| Consumption of Sugars  **Too much intake increases:**  **This can be reduced by:**  Alternative: | Sugar occurs naturally in all foods containing carbohydrates, such as fruits and vegetables, grains, and dairy.  Consuming whole foods containing sugar is okay.  Also, foods like rice, bread, cereals, cookies, cakes, flavored yogurts, soft drinks, fruit drinks, and most processed foods contain too much added sugar.  Obesity, and diabetes, have a serious impact on heart health (heart disease), increasing the risk of chronic diseases and some cancers.  Being overweight and Obesity causes 13 types of cancers (a few are enlisted: breast and bowel, pancreatic, kidney, and liver)  Limiting the consumption of foods and drinks containing high amounts of sugars, such as sugary snacks, soft drinks, flavored water, energy, and sports drinks  Eating fresh fruits and raw vegetables as snacks instead of sugary snacks. | <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>  proper  <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/bodyweight-and-cancer/how-does-obesity-cause-cancer>  <https://www.health.harvard.edu/heart-health/the-sweet-danger-of-sugar> | Pancreas  Liver  Brain  Cardiovascular system  Obesity  Teeth  Stomach  Intestine  Heart |
| Consumption of Carbohydrates  **Too much intake increases:**  **This can be reduced by:**  Alternative methods: | Carbs are found in a wide array of both healthy and unhealthy foods- breads, beans, potatoes, cookies. Common and abundant forms are sugars, fibers, and starches.  Foods high in carbs are an important part of a healthy diet. It provides the body with glucose, which converts into energy to support bodily functions and physical activities.  Healthiest sources of carbs- unprocessed or minimally processed whole grains, vegetables, fruits, and beans- promote good health by delivering vitamins, minerals, fiber, and important phytonutrients.  Unhealthy sources include white bread, pastries, sodas, and other highly processed foods.  It contributes to weight gain, interferes with weight loss, and promotes diabetes and heart disease.  Filling the food plate with healthy carbs- with vegetables (except potatoes) and fruits taking up about half of the plate.  Limiting or eliminating the intake of white bread, sodas, candy, and processed foods such as potato chips, French fries, and granola bars.  Consumption of cereals having more fiber and less sugar, use of whole wheat bread instead of white bread, brown rice or quinoa, choosing whole fruit instead of juices, have beans and other legumes such as chickpeas. | <https://www.hsph.harvard.edu/nutritionsource/carbohydrates/>  <https://www.everydayhealth.com/diet-nutrition/diet/good-carbs-bad-carbs/>  <https://www.everydayhealth.com/diet-nutrition/diet/good-carbs-bad-carbs/> | Pancreas  Liver  Brain  Weight gain  Obesity  Heart  Stomach  Intestines |
| Consumption of red meat  **Too much intake increases:**  **This can be reduced by:**  Alternative methods: | It offers an excellent source of protein and provides a good range of essential nutrients, a better source of Vitamin B.  Pork (Bacon, Ham, Hot dogs, Salami, Sausages), Lamb, and Beef (ribeye steak) are the most popular red meat consumed.  Increases the risk of various cancers (bowel, pancreatic, stomach, etc.) and cardiovascular disease, Type 2 diabetes.  Having lean cuts of meat, beans, and legumes are heart-healthy alternative sources of proteins (kidney beans, chickpeas, soybeans, lentils, etc.)  You can opt for fish, chicken or turkey, nuts, beans, whole grains, and low-fat dairy products. | <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/red-meat-and-the-risk-of-bowel-cancer/>  <https://www.nutritionadvance.com/types-of-meat/>  <https://www.diabetes.co.uk/food/red-meat.html>  <https://www.medicalnewstoday.com/articles/326156>  <https://www.health.harvard.edu/blog/6-healthy-protein-choices-when-cutting-back-on-red-meat-201206084865> | Cardiovascular Systems  Digestive system  Liver  Kidneys  Pancreas  Immune system  Overall health  Obesity  Weight gain |
| Consumption of Oils  **Too much intake increases:**  **This can be reduced by:**  Alternative methods | Risk of heart disease, stroke, diabetes, and other chronic conditions. Type 2 diabetes, and LDL cholesterol.  Limiting the usage of oil wherever possible, and can use vegetable broth, coconut milk, or plant-based milk as substitutes for savory dishes and sauces.  Choosing cooking methods that require less or no oil, such as baking, steaming, boiling, air frying, grilling, etc.  Opting out for better cooking oils that have low amounts of saturated fats such as olive oil, soybean, sunflower, vegetable, etc. | <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/healthy-cooking-oils>  <https://www.health.harvard.edu/staying-healthy/the-truth-about-fats-bad-and-good> | Heart and cardiovascular system  Digestive system  Pancreas  Liver  Kidneys  Brain and nervous system  Overall health |
| Frozen pizza with pepperoni (pre-cooked)  Intake leads to:  Alternative methods: | Consists of a high percentage of added preservatives, saturated fats, sodium, sugar, and salt but a low amount of protein, fiber, vitamins, and minerals.  Weight gain, headaches (high sodium intake), risk of heart disease, increased risk of cardiovascular disease  Limiting the consumption of frozen pizza and, can make it healthier by adding vegetable toppings. | <https://www.eatthis.com/what-happens-body-frozen-pizza/>  <https://iopscience.iop.org/article/10.1088/1755-1315/1060/1/012063/meta>  <https://www.eatthis.com/side-effect-eating-frozen-pizza/> | Cardiovascular system  Liver  Digestive system (Stomach, intestines)  Pancreas  Kidneys  Overall health |
| Doughnut(pre-made)  **Too much intake increases:**  **This can be reduced by:**  Alternative methods: | High-calorie intake, Obesity, and diabetes have a serious impact on heart health (heart disease), increasing the risk of chronic diseases and some cancers.  Limiting or eliminating the consumption.  Opting for fresh and dried fruits, and nuts, which contain higher nutrient values. | <https://www.livestrong.com/article/471877-health-effects-of-doughnuts/> | Cardiovascular System  Liver  Pancreas  Digestive system  Weight gain  Obesity  Heart |
| Cupcakes(pre-made)  **Too much intake increases:**  **This can be reduced by:**  Alternative methods: | High-calorie intake, Obesity, and diabetes have a serious impact on heart health (heart disease), increasing the risk of chronic diseases and some cancers.  Limiting or eliminating the consumption.  Opting for fresh and dried fruits, and nuts, contains higher nutrient values. |  | Cardiovascular System  Liver  Pancreas  Digestive system  Weight gain  Obesity  Heart |
| Fruit salad  Benefits:  Improper intake leads to: | A bowl of fruit salad consists of a high amount of fiber, vitamins, calcium, other nutrients, and antioxidants.  Lower risks of various diseases (heart disease, diabetes), lowering blood pressure, helps in weight management.  Deficient in vitamins and minerals, risks of depression, decline in immune system. | <https://www.eatingwell.com/article/291938/6-things-that-happen-to-your-body-when-you-dont-get-enough-fruits-and-vegetables/>  <https://www.healthshots.com/healthy-eating/nutrition/3-benefits-of-eating-a-fruit-salad-daily/> | Overall health  Digestive system  Cardiovascular system  Skin  Brain  Weight gain |
| Bean salad  Benefits:  Improper intake leads to:  Alternative method: | Beans (classified as legumes) are a strong, plant-based source of protein, fiber, iron, and vitamins that offer many health benefits. Eating beans can prevent overeating and may lead to weight loss.  High in amino acids, the building blocks of protein. A better alternative option for meat, full-fat, or low-fat dairy products. It consists of antioxidants that help protect the body from disease.  Risk of cardiovascular disease, high cholesterol (from animal meat protein) is a risk factor for heart disease and heart attacks. Risk of type 2 diabetes.  Some people have an allergy to beans or members of the legume family. Also, not suitable for people with irritable bowel syndrome (IBS).  Wash them before cooking, soak them overnight to soften, or also can boil them for at least 10 minutes until they are soft. | <https://www.medicalnewstoday.com/articles/320192> | Digestive system  Cardiovascular system  Weight gain  Overall health |
| Potato salad  Improper intake leads to:  Alternative method: | It’s high in potassium, which is essential for maintaining proper blood pressure and heart health. Also, it provides a good source of fiber, helping in digestion.  Higher calorie intake, weight gain.  Adding vegetables can boost nutrient content. | <https://facts.net/lifestyle/food/10-potato-salad-nutrition-facts/> | Digestive system  Cardiovascular system  Skin  Overall health  Weight gain |
| Yogurt and fruit  Improper intake leads to:  Alternative method: | This combination is an excellent source of antioxidants prebiotic fiber and polyphenols, promoting digestive health. Also contains dairy protein, calcium, magnesium, and vitamins.  It provides health benefits by enhancing nutrient absorption and digestion. Consumption leads to reduced intake of high-energy, nutrient-deficient snacks or high-calorie obesogenic foods.  Less protective effects against diet-related diseases (DRDs), such as Type 2 diabetes.  Nuts can be added to the combination to improve the types of nutrients ingested. | <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5227968/>  (proper) | Digestive system  Immune system  Bone health degradation  Weight gain  Cardiovascular system  Overall health |
| Tomato soup  Benefits:  Improper intake leads to: | A low-calorie food, consisting of essential nutrients. It’s a great source of fiber, vitamins, and minerals and is loaded with antioxidants which contribute to better digestive health.  Aids in weight loss, and diabetes management, and improves bone health, cardiovascular health, blood circulation, and diabetes.  Can degrade mental health, as tomato soup contains high concentrations of copper that boost the nervous system. Potassium aids in the transmission of nerve signals. | <https://www.stylecraze.com/articles/health-benefits-uses-of-tomato-soup/> | Cardiovascular system  Digestive system  Overall health  Vision (Eye)  Skin |
| Chicken soup  Benefits:  Improper intake leads to:  Alternative method: | It's high in protein that helps the immune system, also a good source of vitamins and minerals that boost immunity and help with digestion.  Improves immune-boosting which helps during colds and flu, and soothes sore throat.  High sodium consumption, can contribute to hypertension (high blood pressure), and risks of cardiovascular disease.  Adding vegetables to make it healthier. | <https://onlinelibrary.wiley.com/doi/full/10.1002/fsn3.2501> | Digestive system  Overall health  Bone health degradation |
| Hot dog  **Too much intake increases:**  **This can be reduced by:**  Alternative methods: | A type of pork, that offers an excellent source of protein and provides a good range of essential nutrients, a better source of Vitamin B.  Increases the risk of colorectal cancer, cardiovascular disease, and even early death.  Limiting or eliminating the consumption of processed meat.  You can opt for fish, chicken or turkey, nuts, beans, whole grains, and low-fat dairy products. | <https://www.pcrm.org/news/blog/hot-dogs-are-hazardous-your-health> | Cardiovascular Systems  Digestive system  Liver  Kidneys  Pancreas  Skin  Overall health  Obesity  Weight gain |
| Burger  **Too much intake increases:**  **This can be reduced by:**  Alternative methods: | Weight gain, rise in cholesterol, increased risk of diabetes, chronic inflammation.  Limiting the consumption of meaty burgers.  Can opt for plant-based burgers or plant-based meat burgers. | <https://www.eatthis.com/side-effects-burger/>  <https://www.everydayhealth.com/diet-nutrition/are-beyond-burgers-impossible-burgers-healthier-than-meat/> | Cardiovascular system  Pancreas  Liver  Kidneys  Obesity  Digestive system  Weight gain  Obesity |
| Oatmeal  Benefits:  Alternative method: | It is potentially a better option for breakfast or mid-meal snack as it contains proteins, fiber, vitamins, and minerals.  Lower cholesterol, and blood sugar levels. It contains antioxidants that protect against heart disease and high blood pressure. Also helps in weight control.  The mixture of yogurt, nuts, and apples can be a good option as they are excellent sources of calcium and protein which boosts the body’s metabolic rate. | <https://www.medicinenet.com/is_it_good_to_eat_oatmeal_every_day/article.htm> | Heart  Cardiovascular system  Overall health  Digestive system  Pancreas |
| Cereal meal  Benefits:  Alternative method: | It is also a better option for breakfast as it contains necessary proteins, fiber, vitamins, and minerals.  Can help to lower cholesterol concentrations, body mass index, and less risk of being overweight or obese.  Can add nuts or have wheat-based cereals. | <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4188247/> | Heart  Brain  Cardiovascular system  Overall health  Digestive system  Pancreas |
| Burrito  **Too much intake increases:**  **This can be reduced by:**  Alternative methods: | It consists of fatty meats, cheese or cheese sauce, and creamy toppings.  Risk of heart disease, heart attack and stroke.  Replacing the processed white tortillas with whole-grain or gluten-free tortillas. Usage of fatty meats and replacing them with other meat options. Reducing the consumption of cheese or cheese sauce.  Usage of leaner meat, like turkey. Adding more vegetables as topping which contains high-fiber beans. | <https://www.nih.gov/news-events/nih-research-matters/eating-red-meat-daily-triples-heart-disease-related-chemical> | Digestive system  Cardiovascular system  Liver  Kidneys  Weight gain  Overall health |
| Rice with meat  **Too much intake increases:**  **This can be reduced by:**  Alternative methods: | Both contain fiber, vitamins, and overall nutrients such as magnesium, phosphorus, etc.  Too much meat intake increases the risk of various cancers (bowel, pancreatic, stomach, etc.) and cardiovascular disease, Type 2 diabetes.  White rice leads to type 2 diabetes.  Limiting meat consumption, replacing white rice with whole grain rice.  Trying different varieties of rice and adding vegetables to make it more nutritious. | <https://www.hsph.harvard.edu/nutritionsource/food-features/rice/>  <https://www.hsph.harvard.edu/nutritionsource/food-features/rice/> | Cardiovascular system  Digestive system  Liver  Kidneys  Skin  Pancreas |
| Spaghetti  **Too much intake increases:**  **This can be reduced by:**  Alternative methods: | Are enriched with nutrients, such as vitamin B and iron, fiber, and carbohydrates.  May increase the risks of developing diabetes, elevated blood pressure, and too much calorie intake leading to weight gain.  Can replace it with whole-grain spaghetti, as it has more fiber.  Adding toppings of vegetables, herbs, a limited amount of cheese, sauce, and lean meat. | <https://www.eatthis.com/news-ugly-side-effects-eating-too-much-pasta/> | Cardiovascular system  Digestive system  Liver  Kidneys  Skin  Pancreas  Overall health |
| Fried chicken wings  **Too much intake increases:**  **This can be reduced by:**  Alternative methods: | Elevated cholesterol levels, gradual weight gain, increased risk of type 2 diabetes.  Limiting or eliminating the consumption of chicken wings.  Can prepare the meal in an Oven or Air fryer, which makes it less oily. | <https://www.eatthis.com/news-ugly-side-effects-of-eating-fried-chicken/> | Cardiovascular system  Digestive system  Liver  Kidneys  Pancreas  Overall health |
| Chicken nuggets  **Too much intake increases:**  **This can be reduced by:**  Alternative methods: | Elevated cholesterol levels, gradual weight gain, increased risk of type 2 diabetes.  Limiting or eliminating the consumption of chicken nuggets.  Can prepare the meal in an Oven or Air fryer, which makes it less oily. |  | Cardiovascular system  Digestive system  Liver  Kidneys  Pancreas  Overall health |
| French fries  **Too much intake increases:**  **This can be reduced by:**  Alternative methods: | Elevated cholesterol levels, gradual weight gain, increased risk of type 2 diabetes.  Limiting or eliminating the consumption of French fries.  Can prepare the meal in an Oven or Air fryer, which makes it less oily. |  | Cardiovascular system  Digestive system  Liver  Kidneys  Pancreas  Overall health |
| Chicken salad  Benefits:  Improper intake leads to:  Alternative methods: | Is packed with protein, vitamins, and minerals.  High in protein which helps in building and maintaining bone, muscle, cartilage, etc.  Higher calorie intake and some ingredients reduce the health benefits of the dish and, the risk of heart disease, stroke, and heart attack.  Additions such as fruits, vegetables, nuts, and seeds provide even more nutritious vitamins and minerals. | <https://www.healthline.com/nutrition/is-chicken-salad-healthy> | Heart and cardiovascular system  Digestive system  Brain  Overall health |
| Boiled egg  Benefits:  Improper intake leads to:  Alternative methods: | Excellent source of quality protein, calcium, and other necessary nutrients. Lowers blood pressure and cholesterol.  The risk of constipation restricts many high-fiber foods like whole grains and beans. Chances of cardiovascular disease.  Can consume it with salad, noodles, and sandwiches. | <https://www.everydayhealth.com/diet-nutrition/boiled-egg-diet/> | Heart and Cardiovascular system  Eyes  Overall health |
| Omelet  Benefits:  Improper intake leads to:  Alternative methods: | Excellent source of quality protein, calcium, and other necessary nutrients. Lowers blood pressure and cholesterol.  The risk of constipation restricts many high-fiber foods like whole grains and beans. Chances of cardiovascular disease.  Can add vegetables to make it nutritious and healthy. |  | Heart and Cardiovascular system  Eyes  Overall health |
| Sandwich with meat  **Too much intake increases:**  **This can be reduced by:**  Alternative methods: | It contributes to weight gain, interferes with weight loss, and promotes diabetes and heart disease. Risk of early death, and cancer.  Having lean cuts of meat, adding vegetables, and limiting the consumption of sauces and cheese.  Opting for whole grain breads and lean pieces of chicken or turkey instead of red meat. | <https://www.theguardian.com/society/2013/mar/07/processed-meat-scare-bacon-sandwich-health> | Digestive system  Cardiovascular system  Liver  Kidneys  Pancreas  Overall health  Weight gain |
| Sandwich with vegetables  **Too much intake increases:**  **This can be reduced by:**  Alternative method: | It contributes to weight gain, interferes with weight loss, and promotes diabetes and heart disease.  Limiting the consumption of sauces and cheese.  Opting for whole grain breads which contains more nutrients than white bread. |  | Weight loss  Weight gain  Overall health  Digestive system |
| French toast  **Too much intake increases:**  **This can be reduced by:**  Alternative method: | Loaded with calories which leads to obesity, and diabetes, have a serious impact on heart health (heart disease).  Limiting the consumption of jam, honey, maple syrup, and cheese as a topping.  Limiting consumption of butter, white bread, and eggs. |  | Digestive system  Cardiovascular system  Liver  Kidneys  Pancreas |
| Milk  Benefits:  Improper intake leads to:  Alternative methods: | Contains 18 of 22 essential nutrients, fatty acids, calcium, vitamin D, and other minor constituents (like magnesium, and phosphorus)  Experience weaker bones, high-fat milk intake has a slightly higher risk of stroke than low-fat milk. Increased risk of acne.  Can consumed with fruits (milkshake) | <https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/s12986-020-00527-y> | Bones and Teeth  Cardiovascular system  Skin  Nervous system  Muscle and tissue growth |
| Nuts  Benefits:  Improper intake leads to:  Alternative methods: | A good source of dietary fiber, high in protein, full of healthy vitamins and minerals, full of phytochemicals (prevents heart disease)  Nuts are high in fats, and they are also relatively high in calories.  Topping on salad, adding to baked goods and side dishes. | <https://health.clevelandclinic.org/benefits-of-nuts> | Heart and cardiovascular system  Liver  Digestive system  Pancreas  Overall health  Brain |
| Water  Benefits:  Improper intake leads to:  Alternative methods: | Helps to keep your body at a normal temperature, lubricates and cushions joints, and gets rid of wastes through urination, and perspiration.  Water intoxication or hyponatremia: Excessive water can lower blood sodium levels, leading to swelling of tissue cells.  Can add a wedge of lime or lemon while drinking water. | <https://www.everydayhealth.com/hyponatremia/guide/>  <https://www.cdc.gov/healthyweight/healthy_eating/water-and-healthier-drinks.html> | Kidneys  Urinary system  Skin  Digestive system  Circulation system  Brain  Overall health |
| Soft drink (cola)  **Too much intake increases:**  **This can be reduced by:**  Alternative method: | Sugary drinks contribute to obesity, type 2 diabetes, and tooth decay. Increase in blood sugar level, causing a burst of insulin.  Limiting or eliminating the consumption of soft drinks (cola).  Can opt to drink water instead of soft drinks. | <https://www.medicalnewstoday.com/articles/297600> | Liver  Pancreas  Kidneys  Teeth  Digestive system  Cardiovascular system  The brain and central nervous system  Bone health degradation  Obesity |
| Coffee  **Too much intake increases:**  **This can be reduced by:**  Alternative method: | Higher doses may cause anxiety, restlessness, insomnia, and increased heart rate.  Limiting the doses of caffeine.  Can opt for decaffeinated coffee. | <https://www.hsph.harvard.edu/nutritionsource/food-features/coffee/> | Brain and central nervous system (Alzheimer's and Parkinson's disease)  Heart and cardiovascular system  Digestive system |
| Tea  **Benefits**  Improper intake leads to:  Alternative method: | May help with heart disease, diabetes, weight loss, and lower cholesterol. Consists of antioxidants, which may help against free radicals that contribute to heart disease, and clogged arteries.  Some herbs have led to bowel problems, and liver and kidney damage.  Limiting the consumption or having an appropriate amount. | <https://www.webmd.com/diet/features/tea-types-and-their-health-benefits> | Liver  Kidney |