

CHAPTER I

INTRODUCTION

1.1 Background

Good nutrition is one of the keys to a healthy life. You can improve your health by keeping a balanced diet. You should eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a source of protein. It can be hard to change your eating habits. It helps if you focus on small changes. Making changes to your diet may also be beneficial if you have diseases that can be made worse by things you are eating or drinking. Symptoms from conditions such as kidney disease, lactose intolerance, and celiac disease can all benefit from changes in diet.

Almost everyone can benefit from cutting back on unhealthy fat. If you currently eat a lot of fat, commit to cutting back and changing your habits. Unhealthy fats include things such as: dark chicken meat; poultry skin; fatty cuts of pork, beef, and lamb; and high-fat dairy foods (whole milk, butter, cheeses). Tofu, or bean curd, is a popular food derived from soya. It is made by curdling fresh soya milk, pressing it into a solid block and then cooling it – in much the same way that traditional dairy cheese is made by curdling and solidifying milk. The liquid (whey) is discarded, and the curds are pressed to form a cohesive bond. A staple ingredient in Thai and Chinese cookery, it can be cooked in different ways to change its texture from smooth and soft to crisp and crunchy.

Tofu is a good source of protein and contains all eight essential amino acids. It is also an excellent source of iron and calcium and the minerals manganese, selenium and phosphorous. In addition, tofu is a good source of magnesium, copper, zinc and vitamin B1. Tofu is an excellent food from a nutritional and

health perspective. It is thought to provide the same sort of protection against cancer and heart disease as soya beans.

It contains a very small amount of fat, but a large amount of protein, which is necessary for proper bodily functions. The low calorie count also make it an attractive option for people attempting to lose weight. Furthermore, tofu has very low levels of sodium and almost no cholesterol, both of which mean that tofu is beneficial for heart health. In terms of vitamins and minerals, tofu is a rich source of iron, magnesium, copper, phosphorous, selenium, and it also has good amounts of calcium and manganese. There are even trace amounts of zinc and potassium, more essential minerals for human health. On the vitamin side of nutrition, tofu has significant levels of vitamin K, thiamin, riboflavin, vitamin B6, and folate. It also contains smaller amounts of pantothenic acid and niacin. This combination of vitamins, in conjunction with the essential minerals found in tofu, Eating avocados has been found to be clinically associated with lower metabolic syndrome in U.S. adults. Metabolic syndrome is a term for a cluster of conditions that increases your risk of developing heart disease, stroke and diabetes. Some other avocado benefits include help with: hypertension, high blood sugar, high blood pressure, high cholesterol, obesity and excess body fat around the waist.

1.2 Objectives

1. Presenting a vegetarian mayonnaise with low calories with high nutrition.
2. This vegetarian mayonnaise are served **without artificial preservatives, and hygienically packed.**