

Diet and Nutrition and its relationship to Cookware

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Abstract

Globally arising current issues in the field of Diet and Nutrition affecting wellbeing and prosperity. It is well established, engineered and constructed of the finest quality materials in the industry that Nutricraft cookware allows individual to cook with little no oil, and the minimum moisture method of cooking can retain up to 98% of the natural nutrients from the food with three in one whistle, lock and seal such as our accu-tone whistle is an indicator to prevent overcooked vegetables leading to nutrition loss in. And you need to fill the pan with vegetable at least 2/3 full to create enough moisture to enable the whistle feature if you wish to cook waterless vegetable. Our vent setting allows for simmering with less mess and more flavour and our nutri-seal allows true semi vacuum that increases flavour, reduces energy use, and retains more essential vitamins and minerals.

AIM: This study aims to determine the relationship of Nutricraft Cookware in Diet and Nutrition and how can it be the solution. Specifically, it investigates whether the Nutricraft cookware has an influential impact on health with proper diet and nutrition as it can be a solution. In this context, Nutricraft cookware is an art cooking system ensures highly nutritious foods that are flavourful and non-toxic.

MATERIALS AND METHODS: To test the hypothesis that Nutricraft cookware can be the solution in diet and nutrition, an online survey was distributed to the Nutricraft cookware users and non-Nutricraft cookware users. Respondents were randomly divided into two (Nutricraft user and non-Nutricraft user) and asked to respond on the set of questions and state their experience. Responses were analyzed using statistical treatment to answer the items proposed in the questionnaire accurately.

RESULTS: The results showed an effect that Nutricraft cookware users was associated with higher solution in diet and nutrition than on the non-Nutricraft cookware users.

CONCLUSIONS: The results suggest that the more users of the Nutricraft cookware are more likely to depict a healthy well-being capacity of an individual. On this basis, the concept of using Nutricraft cookware is an excellent solution in arising issues in the diet and nutrition globally.