Just answer the questions below  in one page. please use citation and provide references

1. Dietary restrictions and diet evaluation. Compare food/beverage intake to US MyPlate:

Are there any specific dietary guidelines or recommendations that is set by the government or health authorities? If so, how is it similar to/different from the MyPlate?

Are there any religious dietary restrictions?

2. Amount of salt, fiber and fat intake. Risks and benefits:

You may have to research a little further for this one. Look up the amount of salt, fiber and/or fat intake and also look at their food preparation. Then discuss the risks and benefits of the diet such as prevalence of chronic diseases.

3, Any fun facts about food and eating habits you find interesting.