Author's Declaration

I declare that all of the work done from this dissertation is in accordance with the regulations of Universiti Teknologi MARA (UiTM). All of the results and analysis obtained from this study is genuine and through our own work unless it is indicated or acknowledge of referenced and cited work. In any event of this study is found to violate any of the conditioned of out bachelor's degree and will accept to any disciplinary action as regulated by Universiti Teknologi MARA (UiTM).

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Program: Bachelor of Science (Hons) Food Service Management (HM242)

Faculty: Hotel and Tourism Management

Dissertation Title: Superfood (Fruits & Vegetables) that can promote weight loss
                       towards more healthy choices in the Food Service Industry

Session: October – February 2021

I hereby declare that I have checked this Undergraduate Project titled Superfood (Fruits & Vegetables) that can promote weight loss towards more healthy choices in the Food Service Industry by Nur Liyana Syafiqah binti Daud and Anith Hanani binti Dzulkafley. In my personal view, this Undergraduate Project is adequate in terms of scope and quality for the award of the degree of Bachelor in Science (Hons) Food Service Management, session October – February 2021.

Abstract

Superfood means food that is rich in nutrient compounds such as antioxidants, fibre, or fatty acids that have high essential nutrient composition towards human health. Fruits and vegetables (F&V) are part of the healthiest superfood category and play an important role to reduce the number of fats in the human body that can promote constant health and weight loss. Poor eating behavior might cause people to have obesity. If they are unable to take care of their diet then it can cause their health diagnoses such as diabetes, hypertension, and other very risky diseases. Some people have the perception that by consuming F&V, they can lose some weight. Perhaps, they need to know the exact nutrients and benefits contained in the F&V whether they will give effective results or vice versa. Hence, this study aims to identify the most superfood for F&V that can promote weight loss to the consumers which can be implemented by the foodservice industry later for more choice of a healthy menu. The methodology that has been used is from secondary data and the databases were mainly accessed from different online resources such as Google Scholar, Emerald, ResearchGate, Science Direct, ProQuest academia.edu, and e-books, to get accurate data. All linked accordingly to create a complete comprehension review based on the objectives aimed. Only a few of the articles can be discussed due to the limitation of time. The finding was discussed based on the highest content of benefits, nutrients, safety issues, and the suggestion intake for both F&V that may help in promoting weight loss. Although it is not enough to cover all the content of the variables, it is hoped it can be part of the new contribution to the knowledge in upgrading the choices of healthy food in the foodservice industry. This research has shed light on the opportunities for the food manufacturer to improve their menu based on the right choices in picking the best type of F&V that can promote weight loss. This may help to increase choices on healthy food that can prevent weight gain and simultaneously gain more profit in the foodservice industry. Hence, this finding also enlightens the need for more research in exploring more current study and knowledge on the F&V impacted to weight loss which can give more choices of healthy food in the foodservice industry.

Acknowledgement

Alhamdulillah, first of all, this project would never have been possible without permission and blessing from Allah S.W.T. We also would like to thank various people as they are giving us their support and guidance as we manage to accomplish this assignment.

Special thanks should be given to Dr. Hayati Adilin Abd Majid for giving us the wonderful opportunity to complete this research study under her supervision, it is truly an honour. Thank you for all the advice, ideas, moral support, and patience in guiding us through this study. Thank you for your enthusiasm for the study of research information and ideas. Your wealth of knowledge in this field in particular is inspiring. Thank you for allowing us to grow in this field of study.

Finally, we would like to thank our families as their devotion, unconditional love, support, patience, temperament, and advice was more valuable than you could ever imagine. Not to be forgotten, we would like to acknowledge all of our friends because of their support when we are having difficulties in accomplishing this research. Besides, they always give brilliant ideas and comments on this assignment hence we can improve until it is done.

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