

# 3 day diet analysis



My current eating habits are not very good. I am well aware of this, and my excuse is that I am a father of two that works full time, attends online college part time, has a dad that is very medically involved and children that are in sports, and I have recently joined a gym that I try to attend three nights a week. My life is very rushed and busy all the time. After filling out my super tracker report, and viewing my results, I have to say that I was not surprised. It looks as though I haven't consumed enough vitamins in the last three days and I am over the recommended guidelines on the fat and saturated fats.

My serving sizes are usually over the recommended guidelines as I do not eat as frequently as I should. I usually eat two meals a day, maybe three. I have recently been trying to lose weight and starting to eat better. I am trying to be healthier and have started drinking 3 liters of water each day. I have learned that there are six classes regarding nutritional requirements, which are carbohydrates, fats, proteins, vitamins, minerals and water. I do like bread, pasta and rice and there is where my carbohydrates fit into my diet (too much) and protein in my meats and fats in my greasy favorites (not good).

I am not much of a fruit and veggie person, but I know it is something that I need to force into my diet. I should cut out the fried, fatty foods such as fried mushrooms, fried chicken, french fries, and instead be eating broiled fish, chicken breasts, and vegetables. I do know what I should be doing, but it seems like such hard work to maintain these good eating habits. My wife always makes sure to keep a basket of fruit on the kitchen table to have easy access to a banana or an apple or orange on our way by, and by me eating healthier, I will be a better example to my family.

We do have nights where things aren't so rushed, and I have time to make some bbq chicken on the grill with a salad and some baked beans, or a chicken wrap with cucumbers. My reason for saying that is that I do know how to eat healthy and how to shop healthy, just seems that I don't have much time to do so. I have a history of diabetes in my family and also heart disease and high cholesterol and high blood pressure. I have recently realized that I don't want to get sick.

I have started going to the local gym three times a week, which is great for me, and I feel great after doing this, but I still find it hard to eat healthy. My water intake is about 3 liters a day, which I am very proud to say that I have stuck to for quite some time, but I love food. I realize that with my recent change in exercise plan and my recognition on needing to eat more fruits and veggies and getting away from fried foods, that I not only will feel better for myself, but also for my children and be a better example to them.

I want more energy as well, so I know that I must boost the amount of veggies that I am including within my diet to assist with that. My doctor also recently requested that I boost my vitamin D by including the supplement in my diet. I have noticed a big difference in my energy level since I have started doing this. Since exercising regularly, I had lab work done, and have noticed a decrease in my cholesterol levels which was fantastic news.

I have to say that I have been doing well with my food choices, but with the last three days, it was the weekend, and I didn't do so well. I am a bit embarrassed of my choices over the past three 3 days, but I can tell that this course will be great for me. I am very much looking forward to learning some

valuable information to assist me within my quest to feel better and lose weight. I am looking forward to passing along any valuable information to my wife and children and work as a family to become healthier.