

Research paper on my three day food log

[Health & Medicine](#), [Obesity](#)



Statement of purpose

The process of keeping track of dietary intake and activity level is one of the most effective ways of helping a person shed unwanted weight, avoid unhealthy diets and keeping a balance between the calories taken into the body and those utilized by the body (European Commission 15). This three day food log is supposed to help me keep track of my dietary intake and activity level so that I can be able to find unhealthy eating habits and exercise regimes. This food log can also help me improve my lifestyle for better health and wellness. The hypothesis for my dietary and activity intake is that I do not take a healthy diet, I do not take enough water as per the daily requirements and I do not get enough exercise as required for a healthy living.

Methods and procedure

The days selected for the food log are two week days and one weekend day. The reason for choosing these days is that they are representative of my overall dietary intake, water intake and exercise regimes. The food log was prepared through keeping a track of everything I ate, the exercise regimes and water intake in the selected days in a notebook. I then created the Food log at night.

I did not keep the food log with me the whole day with me for the time I was recording my daily food intake. I preferred recording the daily exercise activity and dietary intake during the day and then preparing the food log at night. I did not forget anything I ate in the three days when I was observing

my diet because I made a note for everything I ate in for the three days in my notebook.

My three day food log

Day one

Day two

Day three

Breakfast

Cream coffee , white bread half muffin fried eggs

Tea, processed cereal fried egg

Tea and white bread

Lunch

Cheese , pizza , coke , and fruit salad

Soft drink, French fries and fruit salad

Spaghetti and beef and vegetables

Dinner

Tea , hamburger, yoghurt

Iced tea and doughnuts

Sausages and coke

supper

Fried beans , double cheese, red meat and spaghetti

Baked bread, red meat chicken and fruit juices

Fruit juice, spaghetti , chicken

Exercise

One hour aerobic exercise

One hour aerobic exercise

Plain water intake.

Three glasses per day

Two glasses

Total dietary food intake values for the three days

Calories(k cal)

Proteins (grams)

Fats (grams)

Saturated fats (grams)

Carbohydrates (grams)

Day one

Day two

Day three

Average

Recommended daily intake for young adults (Hartvig 18)

Line graph showing the recommended dietary intake and the observed dietary intake

Bar graph showing the observed daily intake and the recommended daily intake

Reflection on the consumption patterns

Through analyzing the dietary intake in the food log, I realized that there are some nutrients I am not taking in adequate quantities to meet the recommended dietary intakes. I realized that I am taking fewer calories than the recommended dietary intake of a young adult of 3000 Kcal. I have also realized that I am taking too much protein than the recommended intake. I am taking 144 grams of proteins per day on average which is more than the recommended intake of 58 grams for protein.

I have also realized that I am taking more fats than the recommended dietary intake. I am taking 217 grams of fat, which is far more than the recommend fat content of 65 grams. I have also realized that I am also taking more saturated fats than recommended dietary intake. I am taking a dietary intake of 55 grams of fat which is moiré than the 20 grams of recommended saturated fats intake. I have realized that I am taking a diet that is low in carbohydrates, high in fats and very high in protein. There are many things about my diet that I will change. I have to choose a diet that is rich in carbohydrates, low in fat and saturated fats and not very high in protein.

The recommended daily activity is two hours of aerobic exercise for healthy living (John, 19). My exercise regimes are not adequate and I need to improve the level of physical activity. I have also realized that I am taking a diet that is deficient in vegetables and fruits and whole grain cereals. According Leonard, (17), whole grain cereals, vegetables and fruits, are rich in micronutrients like vitamins and minerals and roughage that are very essential for the body. I will increase my dietary intake of vegetable and

fruits and whole grain cereals for a better health.

Through the analysis of the food log, I have also realized that my daily intake of water is not sufficient. The European commission (25), States that for healthy living, it is necessary to take six to eight glasses of water per day. I will increase my daily intake of water from less than two glasses of water per day n average to six glasses of water per day. I do take highly processed food more than unprocessed food. I will also a void highly processed food and fruit juices because they are high in calories and low in micronutrients like roughage, minerals and vitamins.

My dietary intake is also heavily influenced by the circumstances. I prefer to eat whatever my guest prefers without considering the unhealthy aspects of some foods that I take. I have been not very health conscious about the food I eat and the exercise regimes. I need to learn more about healthy diets and healthy lifestyles so that I can adjust my menus and recipes for a healthy diet. The one thing I would change about my diet is fat intake because I am really concerned about gaining weight and I have realized that I do take more fats than the recommended daily fat intake.

Conclusion

Through the analysis of my three day food intake, I have realized that I do take an unhealthy diet, I do not engage in enough physical exercise and I do not take the recommended daily intake of water. My diet is rich in fats, rich in saturated fats, rich in proteins but low in vegetables, fruits and in calories. To live a healthy lifestyle, I must improve my level of physical activity, increase my intake of water, vegetables and fats and calories and also reduce my intake of proteins and fats.

Works cited

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John, Parker. Health and wellness. Washington: Sage publications. 2005. Print.

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