# Daily plate

Based on my calculations, I have discovered that my diet consists mostly of carbohydrates and fats than protein. Except for my habit of drinking tea, my menu did not drastically change between the two time periods. Honestly, I did not find any reason to change it after the February results. In my opinion, a week's worth of food does not reflect the nutritional value of everything I eat each day of my entire life. I believe that my food intake is influenced by daily situations or circumstances. Looking closely at the kinds of food that I had eaten, I have discovered that I do not particularly like eating vegetables and fish. My diet consists mostly of beef, iced tea and fast food. Sometimes I would have chicken and fruit but these days were not very common. I also tend to skip meals due to a busy schedule. As a result, these occurrences are empty in the excel file. I know I can improve on the kinds of food I eat in order to have a more nutritious diet. I can plan accordingly so that the amount of food I eat corresponds to the food pyramid. (Food Pyramid, n. d.) I should try and eat more vegetables, dairy products and fish. I can also avoid skipping meals because this only makes me hungrier. Consequently, I end up eating more than what I should. I know a little fat is good for my body. Nevertheless, with the data I have gathered I believe I have been eating more than the proper amount of fatty foods. From now on, I believe I should be more aware of what I eat and the nutrients it can give me. This way I can monitor the amount of carbohydrates, fat and protein I take in. Reference: Food Pyramid. (n. d.) Retrieved on April 20, 2011 from http://www. charantia. com/30-day-challenge/learn-a-healthy-lifestyle/food-pyramid/