

# Diet evaluation and results of levels of macronutrients in body

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The paper "Diet Evaluation and Results of Levels of Macronutrients in Body" is an outstanding example of an essay on medical science. Nutrition is among the factors that influence the well-being of a person. Therefore, the composition of the diet of people during their meals is a significant area of concern in health. Diet evaluation is an approach for analyzing the diet to determine whether it is healthy. The three macronutrients include carbohydrates, fats, and proteins (Hall, 2015). The three types of macronutrients are used in diet evaluation. They are essential to physiological processes in the body (Hall, 2015). There are optimum levels for each macronutrient that is suitable for humans based on their individual characteristics such as age and health conditions. This paper discusses the results of the levels of macronutrients in my body. The amount of the three macronutrients I consumed is less than the dietary intake recommendations. The amounts of proteins, carbohydrates, and fats I consumed were 38.05 g, 88.24 g, and 29.58 g respectively. The dietary intake recommendations (DRI) for the three macronutrients are 61.69 g, 328.87 g, and 74.41 g. Comparing what I consumed with DRI values, protein consumption is the closest to the dietary goals with 62%. Carbohydrate consumption is the lowest, having 27% of the DRI goal. The low amount of carbohydrate I consume indicates that my body does not get the appropriate energy and productions of carbohydrates. Fat consumption has a percentage of 40%. These statistics indicate that I still have a long way to go in pursuing the DRI goals to realize a healthy diet. Fiber is the food components, which are plant parts, that my body cannot digest or absorb. It is also known as roughage. Dietary fiber helps in slowing down digestions, thereby, preventing the body

from absorbing excess starch. The amount of dietary fiber I consume is 8.08 g while the DRI goal is 33.48 g. Consumption of roughages is way below the goal, having achieved 24% of my target. Sandwich, oranges, and fried rice are the top 3 high fiber foods in my diet. These foods are good sources of fibers since they are prepared from fruits (oranges), vegetables, and grains. Fried rice can be prepared using brown or white rice. Brown rice is better than white rice. Top 3 sources of simple sugars in my meal include soda, oranges, and milk. Saturated fats are types of fats that have fatty acids with predominantly single bonds. My diet contains 9.38 g of saturated fats while the DRI limit is 23.92 g. Therefore, my saturated fat percentage is 39% of the limit. This value is a consideration since it is not even half of the limit. A high percentage of saturated fats increases the level of cholesterol in the body. Therefore, my consumption rate of saturated fat is okay. Top 3 foods in my diet include cheese, butter, and beef. The main sources of protein in my diet are eggs, meat, and cheese. These sources of proteins are mainly animal products. Beans are not present in my diet. Proteins from plant products such as beans are healthier compared sources such as beef and eggs, which dominate the source of proteins in my diet. In conclusion, based on the levels of macronutrients in my diet, I need to improve my consumption of proteins, carbohydrates, and fats. The consumption of optimum levels of proteins in my diet is good to the body since it enhances body processes. I should shift the sources of proteins to plant sources for better outcomes.