

# Food intake journal paper

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FOOD INTAKE JOURNAL PAPER Anna Fihar Caloric intake for a 6ft 5in 230lb male with average daily activity to lose weight is 2390 calories per day; 2988 calories per day to maintain his weight. He has a body mass index (BMI) – 27.3 and refers to overweight category.

Recorded intake of proteins per day is 224g/day;  $224 \times 3 = 672\text{g}/3$  days

Recorded intake of carbohydrates per day is 336g/day;  $336 \times 3 = 1008\text{g}/3$  days

Recorded intake of fats per day is 83g/day;  $83 \times 3 = 249\text{g}/3$  days

Foods that provide proteins in my daily intake are meat, fat dairy products, peas, salted nuts and seeds. Foods that provide carbohydrates in my daily intake are bread, oatmeal, rice, pasta, starchy vegetables, sweets, cakes, honey, and sugar. Foods that provide fat in my daily intake are butter, fried food, baked goods, whole milk, animal meat, olive and sunflower oil, fish, nuts, fast food.

Accordingly, to the dietary recommendations, I have to get 10-35% of my total daily calories from proteins, 20-35% from fats and 45-65% from carbohydrates.

My daily protein intake is less than the recommended amount per day. To increase the percent of the proteins in my total daily calorie intake I have to consume protein rich food. For example, healthy and good sources of proteins are seafood, lean meat, poultry, eggs, low fat dairy products. It is better to increase the amount of plant sources of proteins such as beans, lentils, unsalted nuts and seeds. But, my daily carbohydrate intake is higher than the recommended amount. I consume the increased amount of sugar – sweetened beverages, refined grain products and desserts that contains high amount of unhealthy simple carbohydrates.

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I have to limit the amount of consumed fast-acting carbohydrates that include high amount of sugar and substitute them with complex carbohydrates such as whole grain breads and pastas, fruits and vegetables, nuts, seeds and legumes.

My daily food includes higher amounts of incomplete proteins as I eat seeds, nuts, and peas. It is quite important to increase the amount of complementary proteins as they consist of all essential amino acids needed to build up new proteins in our body. I can combine different incomplete proteins in one meal to create complete proteins. For example, nuts with legumes, grains with legumes, dairy products with seeds, grains with dairy products.

Proper nutrition is quite important part of human well being. Our body required normal amount of carbohydrates, proteins, lipids, vitamins, minerals and water to maintain all important life functions. Healthy balanced nutrition has a lot of advantages for our organism as it gives us energy and vitality, help to maintain normal weight, improve the work of our immune system and protect us from different dangerous diseases such as heart, gallbladder disease, diabetes etc. Lack of proteins in daily food intake can impair normal functioning of the immune system and bone work, provoke muscle wasting. Carbohydrate deficiency can lead to weight loss, weakened immune system and can even result in death due to starvation. Low fat diet can provoke depression and problems with vitamin absorption. Therefore, all macronutrients are quite important for our body and have to be consumed in healthy proportions. The recommended amount of fiber per day for me is about 28-34 g/ day. I consume decreased amount of fiber per day. In order to increase the volume of fiber in my daily food I have to eat such meal as oats,

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dried beans, fruits, vegetables, whole grains. (Cindy L. Stanfield, 2011)

Therefore, I have learned that it is quite important to consume all macronutrients in right recommended amount to avoid any health disorders.

Also, I have to distinguish simple carbohydrates that include high amount of sugar from complex healthy carbohydrates, increase the amount of complete proteins or combine different incomplete proteins, consume the appropriate amount of fiber per day.

Reference:

1. Cindy L. Stanfield.(2011). Principles of human physiology. 5th ed. Boston: Perason.