

“importance of nutrition”

[Nutrition](#)



“ Importance of Nutrition” Cassie Hamilton November 18, 2012 SCI/241-
Nutrition Mary Martin Nutrition plays a very important role in maintaining an overall healthy lifestyle and is especially important for young children. Many diseases can be reduced by looking at the nutrition label. For instance, one of the most common diseases among us today is diabetes which can be prevented by monitoring the amount of sugar intake. “ A balanced diet can provide us with all the essential nutrients and minerals in order for growth and normal wear and tear on the body. ” If I had to describe my eating habits, I would say I maintain a healthy balance. I eat three main meals a day consisting of breakfast, lunch and dinner along with a couple snacks throughout the day. I always look at the labels and determine which foods aren’t healthy. Also I watch my portion size as well. For beverages, I try to drink as much water as possible and I do not drink any soda or sugary drinks. However, I do drink tea and coffee in the morning. In general, I would say I maintain a well-balanced diet. After reviewing my Food Groups and Calories Report, I have determined I do not receive all the essential nutrients and vitamins I need on a daily basis. Even though I thought I maintained a healthy balance according the report I am not. For the following food groups; grains, vegetables, fruits, dairy, protein foods, and oils I am under in every category except one in ounces. For example, the target amount of grains that is needed is 6 ounces while, I am only consuming 5 ounces. Therefore, I am under the targeted amount. Also I learned I lack a lot of fruits, vegetables, and dairy in my diet. I often don’t like a lot of vegetables, fruits, and dairy products. For the following food groups; grains, vegetables, fruits, dairy, protein foods, and oils I was under the targeted amount of serving for almost everything except protein foods. In the grains category the targeted <https://assignbuster.com/importance-of-nutrition/>

amount is 6 ounces while I only consumed 5 ounces. In the vegetables, fruits, oils and dairy categories I didn't reach any of the targeted amounts. Although I did reach the targeted amount of protein foods which I consumed 11 ounces when the targeted amount is only 5 ½ ounces. Based on my report, I will be modifying my diet in order to reach the essential nutrients and minerals. The steps I will take in order to modify my diet is to keep using the SuperTracker. This tool shows me the food group amount I need on a daily basis and how much I have already consumed. For starters, the first foods I am going to start incorporating into my diet that are full of nutrients are fruits and vegetables. Which would include; green beans, carrots, and raw fruit. Each nutrient plays a very important role in maintain a healthy lifestyle. There are six essential nutrients that we need on a daily basis which are; carbohydrates, lipids, protein, water, vitamins and minerals. According to my nutrients report, I am getting most of the six essential nutrients. One of the nutrients that I am taking a lot in of is proteins; this nutrient provides structure of the bones and teeth. Since I am getting most of the nutrients I am able to stay alive, grow, and reproduce. There are tons of benefits of getting all the essential nutrients needed in our diet. By changing my diet I will have more energy and maintain a healthy weight. Also by changing my diet I am ensuring that my body will maintain structure, maintain and repair the body as well as be able to reproduce. In conclusion, nutrients are a very important part of living a healthy lifestyle. Before this week, I was not aware of how much my diet lacks in the essential nutrients needed to maintain a healthy lifestyle. Therefore, I need to change my eating habits. By using the SuperTracker I was able to identify which nutrients I was getting enough of and the ones I was not getting enough of. Furthermore, by continuing to use <https://assignbuster.com/importance-of-nutrition/>

this I will be able to monitor my food intake more closely and reach my goal of maintaining a healthier lifestyle. References According to " Buzzle" (2012), " A balanced diet can provide us with all the essential nutrients and minerals in order for growth and normal wear and tear on the body. " (para. 1). supertracker. (n. d.). Retrieved from <https://www.supertracker.usda.gov/Foodgroupcaloriereport.aspx> supertracker. (n. d.). Retrieved from <https://www.supertracker.usda.gov/myplan.aspx>