

# No. of servings essay

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



## **1Ayesno**

- Are grains the main food choice at all your meals? \*
- Do you often forget to eat vegetables? \*
- Do you typically eat fewer than 3 pieces of fruit daily? \*
- Do you often have fewer than 3 cups of milk daily? \*
- Is a portion of meat, chicken or fish the largest item on your plate? \*

2. Comparative study against recommendationlessequalmore

## **Fruit \***

Vegetables \*

Grains \*

Proteins \*

Dairy \*

Fat & Oils \*

Sweets \*

2A. Are you getting enough fat soluble vitamins daily? Yes No

- Do you eat at least 1 cup of red orange or deep green vegetables daily? \*
- Do you consume at least 2 glasses of milk daily? \*
- Do you eat a tablespoon of vegetable oil daily? \*
- Do you eat at least 1 cup of leafy green vegetables daily? \*

## **2B. Are you getting enough water soluble vitamins in your dietyesno**

- Do you consume at least ½ cup of rice/pasta daily? \*
- Do you eat at least 1 cup of ready to eat or hot cereal every day? \*
- Do you eat at least 1 slice of bread, a bagel or muffin daily? \*

- Do you enjoy a citrus fruit or fruit juice every day? \*
- Do you have 1 cup of vegetables every day? \*

## **REFLECTION**

A study of my diet over the past five days reveals that although my average diet is not too far off the mark from the recommended diet, it could do with some significant changes. Due to paucity of time I depend a lot on ready to eat meals. Fresh food like salads and sandwiches are a better option. I have to increase my consumption of fruits and fruit juices too so as to get my required amount of vitamins.

While thinking about my diet I naturally started thinking about what I enjoyed eating most. I realized that I was a complete carnivore and could not think of a meal without meat. But I had never thought of adding seafood to my diet. Seafood is so rich in omega-3 fatty acids, easy to cook and extremely tasty. Luckily I do not have any allergies either.

I will have to look for leaner cuts of meat and reduce the serving size to within the suggested amount. Instead of the juicy, fatty barbeque pork ribs that I thoroughly relish, maybe I should opt for pork spare ribs cooked Asian style with minimal oil.

My calcium intake is rather low too. I dislike milk, so I have to look at other ways to supplement the calcium needs of my body. Low fat cheese and yoghurts are said to be good alternatives to milk. There are many varieties available at the supermarket. Cheese based salads and sandwiches, flavored yoghurts can really improve my meal as well as adding the required calcium to my system.

These are the dietary changes I need to make. I have to also change my

sedentary lifestyle. Regular exercise will help me assimilate the food I eat and make me a healthy, happy person.