

Nutrition data and analysis

[Science](#), [Biology](#)



Introduction The following nutritional data analysis is for JKF. He is a male who is 28 years old. The paper shows various graphs that give an analysis of what food he takes throughout the week and the effect it has on him. The main aim of the analysis is to establish whether he is eating a healthy diet and to what extent he is doing it.

Nutritional Data Summary Sheet

Using the graphs generated from the website, for each of the following “nutrients”, place checkmarks in the table below.

Nutrient

OK

☐

High

☐

Low

☐

If the nutrients are not adequate (meaning too high OR too low), explain changes that need to be made.

Give specific food examples

Food energy

(calories)

☐

They should be 256 grams

Beans, kidney, red, mature seeds, canned

1 x 1 cup(256 g)

Protein

☞

Beans, beef

At least 3 calories of the same every week

Carbohydrate

☞

Corn flour,

degermed, unenriched,

yellow Total Carbohydrate: 83g of food containing carbohydrate is needed.

Total fiber

☞

Fiber intake should be 20 to 35 g/day

Pectin, gum, cellulose, and mucilage

Total fat

☞

Total fat should be 15% to 35% of total calories

Industrial canola, sausages and luncheon meat

Saturated Fat

☞

Saturated fat should be less than 10% of total calories

Palm, coconut, butter, Tallow, Lard

Linoleic (omega 6)

☞

Linoleic acid (omega-6) 17 g/day for men 19-50 yrs

12 g/day for women 19-50 yrs

Potato chips, pasta dish, mayonnaise, popcorn, eggs

Linolenic (omega 3)

↳

Linolenic acid (omega 3)

1. 6 g/day for men

1. 1 g/day for women

Nuts and seeds, pecans

Cholesterol

↳

Cholesterol intake should be no more than 300 mg/day

Foods to avoid include; Fries, fried chicken

Vitamin A

↳

It is important that this food appear in at least every meal since they are healthy

Sweet potatoes, carotene

Vitamin C

↳

It is important that this food appear in at least every meal since they are healthy

Milk, eggs fortified cereals, green vegetables

Iron

↳

Reduce on the intake of foods like;

Spinach

At least 18 milligrams of iron is healthy

Reflection

a) Based on the data collected, how do you view your overall dietary health?

Given the mere fact that I consistently fail to eat enough protein, it causes the breakdown of the body tissues and causes the individual to gain weight. If eats too few carbohydrates It can cause the body to become fatigued, can also cause ketosis and constipation. It is evident from the data that I am below the target of all the required food types or kinds that I am supposed to take in order to be in a position to count that I am eating healthy. All the graphs are showing a trend below the target for good and healthy eating. This aspect cuts across all the 12 graphs s shown above. My diet therefore, fails to meet the minimum amounts of needed food kinds to make me a healthy person. Basing on the data above, the weight of my height falls above the recommended health range. I think this can increase the risk of contracting diseases and facing or experiencing several problems of health. I may need to consider weight loss in order to be fit and healthy. My diet therefore, needs to be enhanced a bit and checked to ensure that it balances out well in order to make sure that what I take ends up making me healthy rather than exposing me to risks of disease.

b. What changes (if any) will you make as a result of this analysis?

It may be important that I talk to a nutritionist or a health provider in order to seek guidance and help with selecting what is healthy for me to take. The counseling will include the pattern and the program for eating and physical activity in order to balance out well and to eat healthy foods. This will greatly assist me in managing my weight, ensuring that I set goals, and I track the calories that I take. When carrying out an activity that is moderate, I can talk

while when doing one that is vigorous I can say some few words when holding my breath.

In order to increase the fibre level in my diet, I may have to choose foods rich in fibre as compared to those that lack fibre. This will help in the enhancement of my body tissues. In sufficient in-take of proteins and carbohydrates for instance, may contribute to illnesses. Therefore, I will need to watch keenly the amounts of all this types of food that I take so that I do not end up not balancing them.

c. What are some of the short-term and long-term benefits of a healthy diet?

A healthy diet will ensure that I keep fit and safe. My body will not be susceptible to frequent illnesses and disease but will have a stronger immune system. Good health through a proper diet may also be an assurance of long healthy life without many complications. Healthy food keeps an individual physically fit and young too.

Work cited

Gershwin, M E, Penelope Nestel, and Carl L. Keen. Handbook of Nutrition and Immunity. Totowa, N. J: Humana Press, 2004. Print.