

Three day food intake

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FoodIntake Three Days Food Intake Three Days Healthy eating is important to the human body. Healthy eating provides the body with nutrients and energy to help the body function properly. Nutrients provide the body energy to keep the brain cells active, the heart pumping, and the muscle flexible. Nutrients also help to build strong bones, enhance the circulatory system, and other bodily functions. Healthy dieting means to consume all food groups so the diet can have a variety of fruits, vegetables, grains, milk, meats, bean, and oils.

Even when eating from all food groups individuals must eat in moderation controlling the fats, salts, and sugars to maintain a healthy diet (Richford, 2011). Upon enrolling in a Human Nutrition class the professor assigned an individual assignment to assess my eating habits through iprofile factoring my weight, height, age, meals, and daily activities. The assessment evaluates three days of eating breakfast, lunch, dinner, and snacks. The nutrients assessed were the lipids, proteins, and carbohydrates to assess my positives and negatives about healthy eating.

I entered my daily intake for three days and what a discovery. I revealed that my protein intake was excellent 70%, my lipids were high by 11%, and my carbohydrates were 80% below the recommended DRI. The results shocked me because I am not a regular meat eater, but my protein intake was in excellent. The carbohydrates did surprise me at all because I love eating vegetables, sweets, and I consume very little to none to be honest. Because I am fully aware that I need to make a change to avoid further issues, here are some ways that I intend to improve my carbohydrates.

First I will eat more vegetables consuming the recommended amount two cups per day, ensuring that the vegetables are different every week. Carbohydrates are the main energy source for cells and organs. The basic carbohydrate units are called monosaccharide's, such as glucose, GA lactose, and fructose. Glucose and glycogen are stored in the liver and when the body becomes. Carbohydrates help fuel the body and create sugar. Sugar causes the body to release insulin and stress hormones. Consuming too much carbohydrate leads to obesity, diabetes, and several more health problems.

The groups of foods that are underrepresented in my diet are grains, fruits, milk, and vegetables. The groups of foods that are overrepresented are meat and beans and discretionary. I honestly do not have a good excuse as to why I did not consume the recommended number of servings for each of the food groups. I only have myself to blame and I believe that my reasoning is sad. I am busy with school and work, I like food. I eat what I want when I want it which is not healthy. Proteins are important for repair and tissue growth helps the body to make enzymes and hormones, as well as preserve lean muscle mass and is a source of energy.

My daily protein recommendations 71 grams. Protein has many important functions in the body and is essential for growth and maintenance. Protein needs can easily be met by eating a variety of plant-based foods. Combining different protein sources in the same meal is not necessary. Sources of protein for vegetarians and vegans include beans, nuts, nut butters, peas, and soy products (tofu, tempeh, veggie burgers). Milk products and eggs are

also good protein sources for lacto-ovo vegetarians. Iron sources for vegetarians include cereals, spinach, and kidney beans.

Calcium is used for building bones and teeth and in maintaining bone strength. Sources of calcium for vegetarians and vegans include calcium-fortified soymilk, calcium-fortified breakfast cereals and orange juice, tofu made with calcium sulfate, and some dark-green leafy vegetables the amount of calcium that can be absorbed from these foods varies. Consuming enough plant foods to meet calcium needs may be unrealistic for many. Milk products are excellent calcium sources for lacto vegetarians. Dietary fiber is prominent in recommendations for prevention of both coronary heart disease and cancer.

The National Cancer Institute gives primary emphasis to dietary fiber in its recommended food choices. A range of intake of 20 to 30 g/d is suggested for US adults. The National Heart, Lung, and Blood Institute, through its National Cholesterol Education Program, emphasize reduction in fat intake and compensatory energy replacement through the increased intake of other foods, including those with high fiber content. (Fiber Study, 2012). Not in sufficient protein intake may cause tissue injury and muscle wasting. Too many proteins chronically hard of kidneys, such as progression of renal failure, gout and cancer.

Excessive intake Carbohydrates make high risk of blood sugar and are heart disease. Fiber intake in normal limits to prevents the high risk colon cancer. Not in sufficient amount cause colon disease and bowel syndrome.

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