

# Food intake

[Business](#), [Industries](#)



| 3 DayFoodIntake| Nutrition| | Moneka Goff| 3/4/2013| Jessica Marshal  
SCI/220 | Food Intake

A well balanced diet plays a major role in attaining a long healthy life the major nutrients for the body are protein, carbohydrate, and fats these nutrients provide the body with energy for various functions such as heart, health, and activity of the brain , and muscle health one must choose foods from each foods groups to achieve a balanced diet everyday eating the right amount of fruits and vegetables will ensure that the right amount of nutrients all healthy diets should have a few things in common such as vitamins, minerals, and fiber and protein intake.

Over the past 3 days I recorded my intake of protein, carbohydrates, and lipids. I think I ate a balanced diet for these 3 days. Most of the foods I ate provided protein each day such as the black eyed peas, shrimp gumbo, fried chicken, beef steak, and eggs. I received carbohydrate from rice, grits, potatoes, and bread. I received lipids from black eyed peas, shrimp gumbo, Reese peanut butter cups, and ham steaks. Most of the food I ate these 3 days contained the recommended amounts of protein. My daily recommended daily intake was below the recommended range for two of the 3 days I recorded my meals for these days.

For example, on day 2 I achieved the recommended protein but on Friday and Sunday I didn't achieve what I needed. That is because I either did not finish the meal or it took me longer than usual to eat the meal. My recommended protein intake should be between 62-218 gram, achieved 73 grams on each day. I did not receive the recommended daily intake of carbohydrate for these 3 days. My recommended carbohydrate intake should

<https://assignbuster.com/food-intake/>

be 281-405 grams but I received 242grams on each day. My lipid intake varied from day to day. Some days I did not finish the whole meal.

I was surprised to find out that I was getting the recommended amount of nutrients for these days because I normally eat once a day. Are the three main nutrients that one's body need to thrive. Macro nutrient is important for the growth and development of the body. Macro nutrient needs to be consumed at each meal. My macro nutrient intake was within normal recommended range for these 3 days. Macronutrients included carbohydrate, dietary fats, and protein. One must consume the right amount of all the nutrients. It is harmful, to consume too little for these nutrients.

Protein is important to have in any diet because it helps to maintain energy levels. Proteins assist in the production of antibodies, enzymes, and hormones. Eating too little protein can lead to dehydration, increased fat storage, and kidney stones. Carbohydrate is important for my energy level. Carbohydrates are important for its glucose properties. Glucose is important to help build muscles in the body. Without carbohydrates the body will have muscle tissue depletion because the body cannot regain glucose that is used for energy. Lipids or dietary fats are also important for the body.

According to the US government guidelines, fats should constitute 30% of a person's daily calorie intake. Lipids are important for energy levels, metabolism, and glycemic system. Fiber is important to the digestive system and can help an individual to feel full longer or curb one's appetite. Fiber can also be associated with lowering the risk of certain cancers such as colorectal cancer and other gastrointestinal cancers. My fiber intake did not meet the recommended range that I need daily. According to WebMD, <https://assignbuster.com/food-intake/>

women need 25 grams of fiber daily, my intake varied day to day but it was still below recommended range.

On Friday, I only received 7 grams of fiber for the whole day. It is recommended that since I have not received the recommended daily fiber intake I should gradually increase my fiber intake to avoid diarrhea. My food intake did not meet the minimum number of servings of food that contain fiber. According to the CDC, fruits and vegetables are an excellent source of fiber. Fruits and vegetables are critical to good health and should be consumed at each meal. Most of the food I ate for these 3 days provided me with some type of fiber. My diet is not the best diet for losing weight or maintaining a healthy lifestyle.

Some days I tend to miss meals or not eat anything at all. When I finally do eat I omit certain foods because I am always on the go. I understand that I need to consume all five food groups daily but I may only consume two of the recommended food groups a day. I need to change my diet to include every food group and meet my recommended daily calorie intake. Most days I only consume less than 1300 calories for a day. I will try to eat more leafy greens, vegetables, and fresh fruits to boost my fiber intake. My meals do not include beans or peas daily but I do try to eat them at least twice a week.

If I switch from fruit juice to fresh fruit I will intake a better quality of vitamins and minerals. Fruit juice contains more sugars than fresh fruit. By consuming insufficient or excessive amounts of proteins, carbohydrates, fats, or fiber can limit the body's immunity and the body's ability to rebuild itself. It can cause one to have bowel problems, infections, and decreases one's ability to think and remember things. References: Nutrition for Everyone

<https://assignbuster.com/food-intake/>

retrieved from [https:// www. cdc. gov/nutrition](https://www.cdc.gov/nutrition) Why Count Your  
Macronutrient retrieved from [http://: www. ezinearticles. com](http://www.ezinearticles.com)