

Micronutrient and fast food presentation

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Micronutrient and Fast Food Presentation * Recorded micronutrient intake

How does your recorded micronutrient intake compare with the recommendations of the dietary reference intake (DRI)? My intake of micronutrients in the last three days does not correlate with the recommendations of the DRI. There aren't enough vitamins in my diet and too much sodium intake. * Which foods in your recorded daily intake provide specific micronutrients (specific vitamins and minerals)? Discuss the function of these micronutrients.

Also read -Role of Chemistry in Domestic Activities

In day one the peanut butter and jelly sandwich I consumed provided me with vitamins E, K and B12. The sandwich also provided me with the following minerals: Sodium, Calcium, Potassium, Magnesium, Iron, Zinc, and Copper. Vitamin B12 helps make red blood cells and form nerves (Brandt, 2011) Vitamin E fights toxins and is a powerful antioxidant (Brandt, 2011) Vitamin K helps the blood to clot and maintains strong bones in the elderly (Evert, 2011) Sodium Calcium Potassium Magnesium Iron Zinc Copper * What might be the effects of too much or too little of the micronutrients missing from this diet?

In my diet I am missing many vitamins. I am lacking mostly Vitamins A and C. Not taking in enough Vitamin C can lead to anemia, dry or rough skin, weakened tooth enamel, bleeding gums, or weakening of immune system (Evert, Vitamins, 2011) Not taking in enough Vitamin A affects children more than adults. In children lack of vitamin A can lead to visual impairment and even blindness (Evert, Vitamins, 2011) Too much vitamin C can cause

diarrhea, nausea and stomach aches (Evert, Vitamins, 2011) Too much Vitamin A can make you sick. People who consume in the thousands of UI a day can develop Acute Vitamin A poisoning (Evert, Vitamins, 2011) * What micronutrients were recorded from your fast-food intake? Was there an excess or lack of micronutrients from your fast-food intake? The micronutrients recorded from my fast food intake were Vitamins D & C, Sodium, Potassium, Calcium and Magnesium. The micronutrients I lacked were vitamins, but my sodium intake was very high. * Dietary modifications If your recorded micronutrients were too high or too low, which foods might you change to achieve your goal and keep other micronutrients in balance?

In day one I consumed a burger and tacos from Jack in the Box. This meal was low in vitamins and minerals. The sodium in these foods was very high. I would probably substitute this meal with something healthier such as a Subway Turkey Sandwich with plenty of veggies and whole wheat bread. What modifications might you make to replace choices in your fast-food menu from the same eatery for a healthier alternative? What makes it a healthier alternative? If I would exchange this meal for something else at the same restaurant that is healthier I would get the grilled chicken salad.

This is a healthier choice that has more nutrition. This choice is low in sodium, low in fat, and contains a good amount of Potassium (Nutritional Facts, 2012) * Nutritional issues What is the relationship between energy balance and weight management? What are some current nutritional issues, such as obesity or malnutrition that might result from a fast-food diet? Energy Balance means having a balance with the calories that are consumed with

the calories that are burned from activity. The relationship between energy balance and weight management is simple.

Keeping a balance with input and output of energy calories can maintain someone's weight. If the person wants to lose weight they consume less and burn more. If a person is to gain weight they do the opposite. Fast foods are high in calories. Many people consume many calories and do not burn enough to maintain their weight or lose it. A fast food diet contributes to obesity because of the foods that are high in fats. Malnutrition can occur while eating fast food because some of the foods do not contain enough or any nutrients for the body.

What three facts do you find particularly interesting about the excess or lack of micronutrients in a fast-food diet? What is the role of water in promoting health? Drinking water is essential for good health. The body is made of up a great percent of water. Water helps flush toxins and other compounds such as salt. Water helps regulate body temperature. What is the long-term outlook for individuals on a fast-food diet in terms of longevity and quality of life? Why are micronutrients necessary for longevity and quality of life?