

# 3-day diet analysis



Unfortunately, my eating habits have been horrible for the last six months and it has been affecting my health, stamina, metabolism and energy. Although Vive had a gastric bypass done six years ago, after about four years of maintaining all that weight off and maintaining a solid physical regimen, I tore my meniscus and had knee surgery which took a tremendous toll from me. I fell into a slight depression due to the fact that I was limited in doing physical activities and took it out on eating all the wrong foods and actually put on 1/3 of the pounds that I had lost.

After looking for solid support, I am currently working on eating healthier and incorporating enough physical activities to maintain my health and energy. My current diet plan needs some tweaking but it is pretty close to the recommended diet analysis in the Super Tracker. I am not exactly eating the complete recommended servings from each food group because certain food items I tend to eat either too much or not at all and eating junk food doesn't help at all. It has been a struggle, but because of my age and health, I really need to think and act responsibly and know that it is in my best interest.

Taking the necessary daily serving allowance from each food group is vital to maintain your calorie intake, manage your metabolism in order to have the energy needed to go about your everyday daily functions. I plan to modify my diet much better by learning how to better read the nutrition labels on all foods that my family and I consume on a daily basis and with the help of my current nutrition class, I plan to understand the nutrition food label and definitely make better choices. I never realize that eating 5% or lower nutrients is considered not a good source of nutrients and consuming 20% or more is an excellent source of good nutrients.

Now that I am plan to get better educated again in nutrition, I do plan to follow what I've learn and about to learn to the letter in the hopes to also help my children make better choices for themselves and their children so that they can maintain a good healthy lifestyle, filled with excellent health and a good amount of energy to enjoy all that life has to offer. I also plan to incorporate more fruits and vegetables in my daily diet because even though I do enjoy certain vegetables and fruits, I don't really eat enough of it on a daily basis which is about 3-5 servings in vegetables and 2-4 servings in fruits.

I also realize that I should be careful about my intake of fats and sweets which I'm learning that the typical diet regarding this to maintain only 33% fats and anywhere from 12 to 19 teaspoons of added sugar on a daily basis. I also seem to lately be somewhat lactose intolerant, so I definitely do not take the recommended 2-3 servings of dairy, so I tend to make up for it in other better nutrients that will suffice my diet regimen.

The six classes of nutrients which consists of first reading the nutrition facts, like the serving size and servings per container, the calorie amount, limiting some nutrients like saturated fat and trans fat, getting enough nutrients such as vitamins, calcium and iron, knowing how to read and understand the footnote at the bottom of the nutrition label and number six would be on the corner right side of the label which is a quick guide to the percentage of your daily value.

Now that I'm learning how to better understand the nutritional food label, I am able to compare the various food choices and make sure that I am

making ten ruling console Tort me Ana my Tamely wanly In return wall make Tort maintaining a very healthy lifestyle and also maintaining a good immune system in order to avoid diseases, heart issues and obesity. Learning how to understand what are the right nutrients that will fuel your body in order to regulate the body process and structure is extremely important in order to live a long healthy life.