

Health and nutrition

[Nutrition](#)



1). The vitamin that I got the most of in my one week diet was Vitamin A which is a fat soluble vitamin that helps to promote vision. Night blindness occurs when you have a lack of vitamin A in your system and baldness could be an affect of too much vitamin A. I have not eaten enough vitamin A in my diet. A good way to change that is add carrots to my diet. Some of the foods that I ate that contained vitamin A in some way were chicken, baked beans, chili, hot dog, BBQ sauce, lunch meat, and pepperoni pizza. There are a lot there, but some were in such small portion that they did not contain an adequate amount of vitamin A. That combined with the small amount of vitamin A that each one contained tells why there is a deficiency of my vitamin A intake. 2). I get the smallest amount of vitamin D in my diet. Vitamin D is a fat soluble vitamin that helps to facilitate calcium absorbtion. Again I am not getting enough of this vitamin in my diet. Milk, egg yolks, and salmon would all be beneficial to my intake of vitamin D. Too much vitamin D can cause calcium deposits in different areas of the body. I ate no foods that contained calcium. My daily value was zero. 3). The major mineral in my diet is Sodium, and it aides nerve impulse transmission and is a major ion of extracellular fluid. Unfortunately for me, I cannot find a good balance between my value and the daily value because I have too much of this mineral. Too much can cause high blood pressure. Beer, Baked beans, coffee, chicken, pork bacon, and salad dressing are just a few of the many that I have eaten. 4). I get the least zinc in my diet. It is a trace mineral required for enzymes, growth, and immunity. It also changes your alcohol metabolism and sexual development. Because there is a lack of this in my diet, foods like seafood, leafy greens, meats, and grains would all be good sources. You shouldn't have any more than 45 mg a day because the toxicity

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of this mineral could cause diarrhea, cramps, and decreased immune function. Coffee, chicken, cheese, baked beans, and onions all contain zinc, but they all have very small amounts of it. 5). Energy yielding nutrients are protein, fat, and carbohydrates.