

# [Five-day food and beverage record](https://assignbuster.com/five-day-food-and-beverage-record/)

[People](https://assignbuster.com/essay-subjects/people/)

Five-day Food and Beverage Record Day Time Food and Beverage Description
Amount Eaten
Approximated Amount of Vitamin A
July 2, 2012
6: 00 am
Cheese Omelet
2 slices (150g)
10%
Glass of skimmed Milk
I cup (250g)
15%
9: 00 am
Fried Bread (Toast)
1 piece (20g)
0%
Gourmet coffee
1 cup (250g)
0%
12: 00 pm
Chilled apple fruit Juice
1 cup (250g)
78%
Pappardelle Pasta
1 cup (165g)
0%
Tomato Dill Soup
1 can (303g)
2%
Bottled Water
200ml
0%
2: 00 pm
Crab cake
1 piece (100g)
2%
Mozzarella Cheese
1 cup (70g)
1%
Iced Tea
253g
1%
5: 00 pm
Sponge pudding (Heinz)
¼ can (75g)
0%
Cheddar Cheese Burger
1 piece
0%
Espresso coffee(Double)
1 cup (250g)
5%
8: 00 pm
Pork chops
3 pieces(150g)
10%
Macaroni pasta
50(g)
6%
Total Vitamin A Intake = 130%
Day 2
Date
Time
Food and Beverage Description
Amount Eaten
Approximated Amount of Vitamin A
July 3, 2012
7: 30 am
Poached eggs
220g
23%
Potato waffles
1 cup (165g)
10%
Hot Chocolate
1 cup (250g)
9%
10: 00 am
Laver bread
1 piece (236g)
2%
Scrapple and Gourmet coffee
253g
2%
12: 30 pm
Boiled Arrow roots
200g
625%
Mushroom soup
1 cup (245g)
4%
Roasted Chicken
150g
0%
Rice
1 cup (165g)
0%
3: 45 pm
Black pudding
3 pieces (135g)
12%
Herbal tea (Straw berry)
200ml
3%
7: 30 pm
Garlic Mashed potatoes
2 cups (280g)
4%
Corned beef
100g
3%
10: 00 pm
Black Grapes
½ cup (80g)
2%
Total Vitamin A Intake = 699%

Day 3
Date
Time
Food and Beverage Description
Amount Eaten
Approximated Amount of Vitamin A
July 4, 2012
7: 30 am
Baked Beans
180g
21%
Grilled bacon
3 slices (165g)
2%
Black Coffee
1 cup (250g)
5%
10: 00 am
Chicken salad
1 side plate (200g)
5%
Fruit juice (Mango)
255g
11%
12: 30 pm
Spinach
200g
42%
Fruit Yoghurt
1 cup (245g)
2%
Fish fillet
150g
3%
Rice
1 cup (165g)
0%
3: 45 pm
Fresh water melon
2 pieces (135g)
80%
Espresso coffee
200ml
3%
7: 30 pm
Pappardelle pasta
2 cups (280g)
2%
Goat meat
253g
0%
10: 00 pm
Fresh Asparagus
80g
14%
Total Vitamin A Intake = 190%
Day 4
Date
Time
Food and Beverage Description
Amount Eaten
Approximated Amount of Vitamin A
July 5, 2012
7: 30 am
French Fries
220g
2%
Fresh Fruit juice
1 cup (165g)
27%
Sliced Sausage
4 pieces(100g)
10%
10: 00 am
Sandwich
1 piece (150g)
18%
Soda (Coke)
253g
0%
12: 30 pm
Boiled Arrow roots
200g
625%
Tomato soup
1 cup (245g)
67%
spinach
150g
42%
Seasoned Rice
1 cup (165g)
0%
3: 45 pm
Potato cheese soup
3 pieces (135g)
12%
Croissants
2 pieces (100g)
2%
7: 30 pm
Mashed Potatoes
2 cups (280g)
3%
Cabbage salad
253g
79%
10: 00 pm
Iced Tea
150g
2%
Total Vitamin A Intake = 879%
Day 5
Date
Time
Food and Beverage Description
Amount Eaten
Approximated Amount of Vitamin A
June 11, 2012
7: 30 am
Pancake
I Piece (100g)
13%
Fried Kidney
200g
120%
Skimmed milk
1 cup (250g)
15%
10: 00 am
Cheddar Cheese Hamburger
1 piece (236g)
5%
Fruit Juice
253g
0%
12: 30 pm
Boiled Sweet Potato
200g
769%
Fruit Yoghurt
1 cup (245g)
2%
Fresh vegetables
150g
89%
Rice
1 cup (165g)
0%
3: 45 pm
Peanut Butter Biscuit
3 pieces (135g)
12%
Bottled Water
200ml
0%
7: 30 pm
Fresh vegetables
250g
89%
Grilled Tilapia
253g
3%
10: 00 pm
Black Grapes
½ cup (80g)
2%
Total Vitamin A Intake = 1119%
Total consumption of Vitamin A = 130+699+190+879+1119 = 3017
The 5-day food and beverage tables indicate that I consumed a total of 3017 percent of Vitamin A. The major contributors of vitamin A in the five-day diet are; boiled arrow roots, fresh water melon, boiled sweet potatoes, fresh vegetables, cabbage salad, and the fried kidney consumed on the second day, third day, fourth, and fifth day respectively. Most of the beverages that I took in the five-day diet did not contain high levels of vitamin A. However, Fresh fruit juices and tomato soup contained a considerable amount of vitamin A (Anderson, 2005).
Fried bread, French fries, crab cake, potato waffles, laver bread, mushroom soup, rice, mashed potatoes, croissants, and peanut butter biscuits are high in carbohydrates. Moreover, some of the foods that I took contain vitamin E, D and, K. For instance; asparagus, mushroom soup, fruit salad, hot chocolate, scrambled egg, cheese hamburger, sweet potato, and grapes contained vitamin D, E and K (DeBruyne, Pinna and Whitney, 2011). Though I plan to reduce on the amount of calorie intake, some of the food consumed contained minimal amounts. For example, soda, iced tea, cheddar cheese hamburger, bacon, and sausages. Moreover, grilled tilapia, pork chops, conned beef, and goat meet contain high levels of proteins (Anderson, 2005). I plan to consume more Vitamin-A-rich foods to increase on the uptake of Vitamin A and decrease calorie uptake.
References
Anderson, J. J. (2005). Nutrition and Health: An introduction. Carolina Academic Press.
DeBruyne, L. K., Pinna, K., & Whitney, E. N. (2011). Nutrition and Diet Therapy. Cengage Learning.