

Calorie intake and healthy diet

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Calorie Intake And Healthy Diet

1. My total calorie intake is within the target range. The average calorie intake for three days is 1, 480 kcal. Protein intake is 59g on an average, which is 18% of the daily value. Carbohydrate intake is a little in excess of the maximum percentage of daily value. Target dietary fiber is 25g a day, but my fiber intake has been below this value on all three days of evaluation. The average consumption of total fat is 21% of daily value, which is within Acceptable Macronutrient Distribution Range (AMDR). Intake of saturated fat is less than 10%. Intake of calcium, potassium, iron, and magnesium is below the required levels. However, sodium intake is in excess on all three days of evaluation. Intake of fat soluble vitamins is below the required level, with the exception of vitamin K. Folic acid consumption varies on a day-to-day basis. Intake of vitamins and minerals is mostly inadequate. I need to take a Centrum to cover insufficiency in the intake of vitamins, and I also need to decrease carbohydrate and sodium intake to balance my diet.

2. With regard to grains, refined grain intake is in excess, while whole grain is below the required level on all three days of evaluation. Red and orange vegetables intake is way below the required levels, and dark green vegetables, beans, peas, and starch intake is practically nil on all three days of evaluation. Whole fruit consumption is much above the required level, while there is no intake of fruit juice. Dairy intake is way below MyPlate recommendations. There is no seafood intake on all three days of evaluation, while intake of meat, poultry, eggs, nuts, seeds, and soy is below the required levels. The average oil intake is 1. 3teaspoon, which is within the target level.

3. My BMI

Weight: 52kg height: 165cm

BMI = $\frac{\text{Weight (kg)}}{\text{Height (m)}^2} = \frac{52 \text{ kg}}{(1.65\text{m})^2} = 19.1$

Height (m)² (1.65m)²

My BMI is within the healthy range. I have two options to keep my BMI within the healthy range - maintain my weight or increase it by a maximum of 20 pounds. To maintain my weight, I should stick to my current total calorie intake. Increase in intake of protein foods and whole grains, while decrease in intake of carbohydrates and refined grains will help me retain my current total calorie intake.

4. This evaluation does not truly reflect my typical eating pattern. I normally eat more dark green vegetables, red and orange vegetables, and fruits. I rarely eat meat and poultry, because I find meat and poultry distasteful. I do not drink milk everyday, and I do not eat cereal, because cereal is too sweet. As a result, I have no milk consumption. Firstly, I need to have meals three times a day, with a regular interval to have a balanced diet. My usual eating pattern is to eat whenever I feel hungry. I skip meals often, because I do not feel hungry. Changes required for a balanced diet are that I need to drink a cup of fat free milk in the morning, or before going to bed, and eat soy products for protein intake. Seafood can be alternated with soy products. I should maintain the current amount of oil intake. I need to change from eating just refined rice to eating a mix of rice that is half of brown rice and half of refined rice, to obtain enough whole grains. These changes would not be tough on me, because such a diet pattern is exactly similar to what my mother prepared for me, when I was living with my parents.