

# [Food diary](https://assignbuster.com/food-diary/)

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FOOD DIARY Two Days’ Food Diary Day I food calories Fats mg Cholesterol mg Na mg Fiber g Sugar g Prot g Pineapple juice, bread rolls   
500   
6. 4   
0. 0   
398. 8   
8. 0   
52. 5   
36. 6   
Fast foods   
410   
21   
73. 3   
884   
0   
0   
28. 6   
Potato chips   
168   
8. 9   
0   
174. 4   
2. 1   
0. 1   
2. 4   
Apple winskin   
72   
0. 2   
0   
1. 4   
3. 3   
14. 3   
0. 4   
Gladiola bar   
124   
4. 8   
0. 3   
77   
1. 3   
0   
2. 1   
Grilled salmon   
266   
15   
88. 4   
405. 8   
0. 8   
0   
34. 2   
Gradiniela   
37   
3. 5   
0. 0   
30   
0   
0   
0   
Rolls, broccoli,   
76   
1. 8   
0. 0   
92   
1. 1   
3   
8. 1   
Day 2   
Food   
Calories g   
Starch g   
Fats g   
Sugar g   
Proteins g   
Plain bagel   
150   
34   
1   
8   
Non fat milk 8 oz   
90   
13   
0   
20   
0   
Wawa with pita rounds   
320   
40   
13   
234   
20   
Quick added calories   
400   
0   
0   
56   
0   
Carbanet savinor 6 0Z   
120   
4   
0   
1. 4   
0   
Protein meal bar   
170   
26   
5   
0   
10   
The least nutritional food taken within the two days was apple skin which had a high value of sugars and lower value of other nutrients. The highest caloric intake was the pineapple juice and bread rolls for breakfast on day one. In this day I took the highest caloric intake which was good as it slightly went over my target which is 1541. Caloric intake of day two was low; I had to take quick added calories to increase the grams. Fat, starch and protein intake also need to be increased slightly to meet the target. Nevertheless, sugar intake need to reduce since it is still high and my target was to have a sugar free diet. In future, I need to ensure that I take adequate calories every day to maintain good weight and health in general.   
Reference   
Karmel, A. (2008). First meals food diary: Your babys feeding record, from first tastes to family meals, with more than 80 kid-friendly recipes. New York: Dorling Kindersley.