

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

[Health & Medicine](https://assignbuster.com/essay-subjects/health-n-medicine/)

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.