

Food diary

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**ASSIGN
BUSTER**

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 w/skin

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

<https://assignbuster.com/food-diary/>

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.