

# Seven food tracking essay example

[Health & Medicine](#), [Body](#)



The Seven Food Tracking exercise has brought me to the realization that I do not eat healthy most of the time. I have learned that in many cases I prefer to eat mixed dishes. It is difficult to determine the exact level of calories that I consume in these dishes. This exercise has also made me to realize that I do not eat enough vegetables and fruits. In many instances my appetite is driven by the taste of the food and not the nutritional value of the food. The Seven Food Tracking exercise has also enlightened me on the importance of physical activity in leading healthy lifestyles. Physical exercise is fundamental in making sure that body muscles and bones are strong (Khan 121). In addition, physical activity is necessary for the body because it helps in the burning of extra calories and fats that we consume.

In light of this realization about my food behaviors, I have decided to make a couple of adjustments. First, I have decided that I will carefully inspect the caloric content of the foods that I consume. In order to make sure that this is a success, I will try and buy whole foods as opposed to primarily consuming mixed dishes. In addition, I have decided that I will participate in various physical activities so that my body can remain fit. I will maintain physical fitness by making sure that I run a mile each morning. In order to make it easier for me to achieve this goal I will look for a friend that can accompany me in the run each morning. I strongly believe that by eating healthy and exercising regularly I lead a healthier lifestyle.

## **Works Cited**

Khan, Karim. Physical Activity and Bone Health. Champaign, IL: Human Kinetics, 2001. Print.