

# 3 days food intake

Nutrition



**ASSIGN  
BUSTER**

During my three-day food intake I learned about myself. There are many benefits of good nutrition. "Medical Online" states " besides helping you maintain a healthy weight, good nutrition is essential for the body and all its system to function optimally for a lifetime. " A healthy diet promotes good sleep, gives the body what it needs to stay healthy, and provides energy. According to " Mealtime Memo" Good nutrition means getting the calories that we need for energy and the nutrients we need for proper growth. I'm learning that variety, balance, and moderation are the key to healthy nutrition. As I am learning what I should and should not eat I will like you to invite you to take a look at my food intake. This essay will converse about my intake of protein, carbohydrates, lipids, macronutrients intake ranges, fiber intake ranges, and dietary modifications based on three full days of my food intake. After recording my dietary intake for three days through the Wiley iProfile and reviewing the reports, I have found that this provides a better scope of my eating habits and the nutritional value in each thing I eat. According to the Wiley iProfile 2. 0 (2010) I am within the recommended range for protein the range is from 68-240g and I only received 69g. I am on the lower end of the range. The main sources of protein recorded in my three-day study were yogurt, homemade spaghetti, lays potato chips sour cream and onions and McDonalds big Mac. All of the food that I ate seemed to have a trace of protein. I am not surprised that I am within in the target but on the lower end. I do eat food that contains protein but I don't eat the appropriate amount. To achieve the target I need to add more lean or low fat meat and poultry, beans and peas, and eggs. The range for carbohydrates is 308- 445g and I only consume 281g placing me below the recommended

target. The main source of carbohydrates is McDonald smoothie strawberry-banana, Big Mac, McDonald medium French fries and lays..