

Nutrition Self Analysis

West Coast University

Professor Ridens

NURS 225

BMI & Hamwi:

Food Diary

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Quaker - Instant Oatmeal-Weight Control-Maple & Brown Sugar, 45 g (1 packet)	160	29g	3g	7g	0mg	290mg	1g	6g
Nestle Coffee-mate - Coffee Creamer Cinnamon Vanilla Creme, 1 tbsp	35	5g	2g	0g	0mg	5mg	5g	0g
Coffee - Coffee, 2 CUP	40	0g	0g	10g	0mg	0mg	0g	0g
Meal 2								
Pat's - Apple Gala, 0.5 apple medium	25	19g	0g	0g	0mg	1mg	7g	2g
Kraft Cracker Barrel - Marble Cheese, 1 ounce	113	0g	9g	7g	28mg	198mg	0g	0g
Meal 3								
Jenny O Turkey - Ground Turkey, 4 oz	170	0g	8g	21g	80mg	80mg	0g	0g
Salad Greens - Spring Mix, 1 cups	10	2g	0g	1g	0mg	48mg	1g	1g
Newmans Own - Lite Raspberry Vinegarette With Walnuts, 2 tbsp	70	7g	5g	0g	0mg	120mg	5g	0g
Meal 4								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Protein - Tyson Chicken Breast, 4 oz	110	0g	2g	25g	65mg	40mg	0g	0g
Eat Smart - Fresh Brussel Sprouts, 6 brussel sprouts	35	8g	0g	3g	0mg	20mg	2g	3g
Wine: Kendall Jackson - Chardonnay, 15 oz	360	15g	0g	0g	0mg	6mg	0g	0g
TOTAL:	1,128	85g	29g	74g	173mg	808mg	21g	12g

Food Notes

Breakfast - woke up and I was hungry but I had a coffee first. I ate an hour later and was satisfied.

Snack - worked out at the gym and was hungry when I got home so I had a snack. It was satisfying.

Lunch - Because of my snack, I was not hungry at lunch. I waited a couple of hours and had hunger pains. There was left over turkey in the fridge so I made a salad for lunch. It was satisfying.

Dinner - had a late dinner. Barbecued chicken and had a couple of glasses of wine. Was not that hungry but ate anyway. It was satisfying.

August 23, 2016

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Nestle - Coffee-mate Hazelnut Creamer, 2 tbsp	70	10g	3g	0g	0mg	10mg	10g	0g
Coffee - Coffee, 2 CUP	40	0g	0g	10g	0mg	0mg	0g	0g
Meal 2								
Lean Cuisine Simple Favorites - Fettucini Alfredo, 9.25 oz package	280	52g	5g	9g	10mg	570mg	3g	2g
Meal 3								
Apples - Raw, with skin, 1 cup, quartered or chopped	65	17g	0g	0g	0mg	1mg	13g	3g
Nespresso - - Latte, 1 Cup	150	9g	3g	5g	0mg	0mg	0g	0g
Meal 4								
Jenny O Turkey - Ground Turkey, 4 oz	170	0g	8g	21g	80mg	80mg	0g	0g
Late July Organic - Lightly Salted Sea Salt Tortilla Chips, 28 g	130	17g	6g	2g	0mg	65mg	0g	2g
TOTAL:	905	105g	25g	47g	90mg	726mg	26g	7g

Food Notes

Breakfast - did not have time to make breakfast this morning so I made a coffee and took it to school. I felt hungry but the coffee curbed my hunger pains.

Lunch - just got back from holidays and had no food in the house so I grabbed a frozen meal. I was really hungry because I skipped breakfast. Ate during lecture and it was satisfying.

Snack - was sitting in lecture and started to feel tired and hungry. Coffee woke me up.

Dinner - made dinner at home. It felt a little hungry but didn't want to eat to late. I felt satisfied.

August 24, 2016

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Eggland's Best - Egg- Whole Large, 2 egg(50g)	120	0g	8g	12g	350mg	130mg	0g	0g
Egg Beaters - Original, 2 oz(s)	31	1g	0g	6g	0mg	111mg	0g	0g
Hormel Black Label - Fully Cooked Bacon (Corrected), 4 slices	80	1g	6g	5g	20mg	290mg	1g	0g
Kraft - Mexican Four Cheese Shredded, 0.13 cup (28 g)	50	1g	4g	3g	13mg	90mg	0g	0g
Green Mountain Coffee - Island Coconut K-cup, 1 K-Cup	2	0g	0g	0g	0mg	0mg	0g	0g
Nestle Coffee-mate - Coffee Creamer Cinnamon Vanilla Creme, 1 tbsp	35	5g	2g	0g	0mg	5mg	5g	0g
Meal 2								
Sea Cuisine - All Natural Wild Beer Batter Cod Fillets, 2 fillets	230	20g	10g	14g	30mg	540mg	0g	0g
Meal 3								
Daily Chef - Italian Style Beef Meatballs, 5 meatballs	250	5g	20g	13g	45mg	450mg	1g	2g
Classico - Spicy Tomato & Basil Pasta Sauce, 125 g (1/2 cup)	60	8g	2g	2g	0mg	410mg	5g	2g
Meal 4								
Cadbury - Crispy Crunch (Mini Bar), 12 g	60	8g	3g	1g	0mg	35mg	7g	0g
Oh Henry - Oh Henry Snack Size, 2 bar (15g)	140	18g	8g	2g	0mg	30mg	16g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:	1,058	67g	63g	58g	458mg	2,091mg	35g	4g

Food Notes

Breakfast - had a coffee when I woke up. I was hungry but didn't eat until I came home from the gym. I felt very satisfied after my meal.

Lunch - was at home for lunch. I was studying and had hunger pains so I made something that was easy to eat. I felt satisfied after the meal.

Dinner - had left over noodles in the fridge so I made meatballs to go with it. I was not very hungry but wanted to eat dinner with my husband. I felt bloated after the meal.

Snack - stayed up later than I planned and had a craving for something sweet. It was very satisfying.

August 25, 2016

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Eggland's Best - Egg- Whole Large, 2 egg(50g)	120	0g	8g	12g	350mg	130mg	0g	0g
Egg Beaters - Original, 2 oz(s)	31	1g	0g	6g	0mg	111mg	0g	0g
Hormel Black Label - Fully Cooked Bacon (Corrected), 4 slices	80	1g	6g	5g	20mg	290mg	1g	0g
Kraft - Mexican Four Cheese Shredded, 0.13 cup (28 g)	50	1g	4g	3g	13mg	90mg	0g	0g
Meal 2								
Albertsons Fresh to Go - Roasted Rotisserie Chicken, 3 oz	170	0g	11g	18g	85mg	485mg	0g	0g
Red Grapes - Red Seedless Grapes, 1 cup	60	27g	0g	1g	0mg	3mg	23g	1g
Meal 3								
Yoplait (per label) - Greek 100 Calories - Strawberry , 1 container (150g)	100	13g	0g	11g	5mg	55mg	9g	0g
Hawkins - Cheezies (28g), 28 g	150	16g	9g	2g	5mg	240mg	0g	0g
Meal 4								
Daily Chef - Italian Style Beef Meatballs, 5 meatballs	250	5g	20g	13g	45mg	450mg	1g	2g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Classico - Spicy Tomato & Basil Pasta Sauce, 125 g (1/2 cup)	60	8g	2g	2g	0mg	410mg	5g	2g
Burgans - Albarino, 10 oz. glass	240	0g	0g	0g	0mg	0mg	0g	0g
Meal 5								
Christie - Swiss Cheese Crackers - Cheese Taste, 10 crackers	90	12g	5g	1g	0mg	290mg	2g	0g
Oh Henry - Oh Henry Snack Size, 2 bar (15g)	140	18g	8g	2g	0mg	30mg	16g	0g
TOTAL:	1,541	102g	73g	76g	523mg	2,584mg	57g	5g

Food Notes

Breakfast - had clinical's this morning so I brought left over eggs from yesterday. I was not hungry in the morning so I brought them with me. My coffee satisfied me until 10 am. I was feeling hungry so I ate breakfast. I felt satisfied.

Lunch - I was at the hospital during lunch. We had a later lunch so I was hungry by then. It was satisfying.

Snack - It was a long day and I was feeling tired so during my break I ate. It was satisfying and woke me up.

Dinner - I was not hungry when I made dinner so I did not eat right away. It was a long week so I had a couple glasses of wine. I was doing homework and started to feel hungry. I was satisfied after I ate.

Snack - stayed up late watching TV and wanted something sweet. I had a snack but then wanted something salty. I had crackers. It was satisfying.

August 26, 2016

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Nestle Coffee-mate - Coffee Creamer Cinnamon Vanilla Creme, 1 tbsp	35	5g	2g	0g	0mg	5mg	5g	0g
Green Mountain Coffee - Island Coconut K-cup, 1 K-Cup	2	0g	0g	0g	0mg	0mg	0g	0g
Meal 2								
Chick fil a - Fries, 1 box	400	48g	21g	5g	0mg	180mg	0g	4g
Chick-Fil-A - Chicken Strips, 1 serving(s) 3 Strips	360	16g	18g	33g	85mg	990mg	2g	1g
Chick-Fil-A - Chick-Fil-A - Chick-Fil-A Sauce,	70	3g	7g	0g	5mg	85mg	3g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
0.5 packet								
Meal 3								
Jenny O Turkey - Ground Turkey, 4 oz	170	0g	8g	21g	80mg	80mg	0g	0g
Beans - Pinto, canned, 0.25 cup	52	9g	0g	3g	0mg	176mg	0g	3g
Wholly Guacamole - All Natural Guacamole Dip, Classic Flavor, 2 Tbsp	60	3g	5g	1g	0mg	90mg	0g	2g
Late July Organic - Lightly Salted Sea Salt Tortilla Chips, 28 g	130	17g	6g	2g	0mg	65mg	0g	2g
Wine - Red Wine (6 oz), 6 oz	150	5g	0g	0g	0mg	7mg	1g	0g
TOTAL:	1,429	106g	67g	65g	170mg	1,678mg	11g	12g

Food Notes

Breakfast - woke up and was not hungry so I had coffee. I went to the gym and did not eat because I am going to meet a friend for lunch.

Lunch - was starving at lunch time because I skipped breakfast. Went to fast food place with a friend and sat down inside to eat. Ate half my meal and took the rest home. Ate the rest when I got home. Felt stuffed.

Dinner - ate a late dinner while watching TV with my husband. Was not that hungry but ate anyway. Felt full afterwards.

August 27, 2016

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Nestle Coffee-mate - Coffee Creamer Cinnamon Vanilla Creme, 1 tbsp	35	5g	2g	0g	0mg	5mg	5g	0g
Green Mountain Coffee - Island Coconut K-cup, 1 K-Cup	2	0g	0g	0g	0mg	0mg	0g	0g
Eggland's Best - Egg- Whole Large, 2 egg(50g)	120	0g	8g	12g	350mg	130mg	0g	0g
Egg Beaters - Original, 2 oz(s)	31	1g	0g	6g	0mg	111mg	0g	0g
Hormel Black Label - Fully Cooked Bacon (Corrected), 4 slices	80	1g	6g	5g	20mg	290mg	1g	0g
Kraft - Mexican Four Cheese Shredded, 0.13 cup (28 g)	50	1g	4g	3g	13mg	90mg	0g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 2								
Beans - Pinto, canned, 0.25 cup	52	9g	0g	3g	0mg	176mg	0g	3g
Jenny O Turkey - Ground Turkey, 4 oz	170	0g	8g	21g	80mg	80mg	0g	0g
Meal 3								
Grapes - Raw, 1 cup	62	16g	0g	1g	0mg	2mg	15g	1g
Meal 4								
Porkchop - Porkchop, 4 oz	130	0g	5g	23g	55mg	210mg	0g	0g
Grilled Asparagus - Grilled Asparagus, 1 cup (134 g)	27	5g	0g	3g	0mg	3mg	3g	3g
Bertolli - Olive Oil & Garlic, 2 tbsp(s)	23	4g	1g	1g	0mg	125mg	2g	1g
Wine - Red Wine (6 oz), 12 oz	300	9g	0g	0g	0mg	14mg	2g	0g
Ciroc - Peach Vodka, 1.5 OZ	98	24g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,180	75g	34g	78g	518mg	1,236mg	28g	8g

Food Notes

Breakfast - was not hungry when I woke up so I had a coffee. I had school this morning so I made eggs and brought meal to class. Was starving at break so I ate meal at desk. Was satisfied.

Lunch - went to the gym after school and came home. I was hungry so I had left over turkey. I ate while studying. Felt satisfied afterward.

Snack - was hungry between lunch and dinner so I ate grapes while studying. It satisfied me.

Dinner - cooked meal at home and ate while watching a movie with my husband. I was starving. Meal was satisfying and so was the wine!

August 28, 2016

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Green Mountain Coffee - Island Coconut K-cup, 1 K-Cup	2	0g	0g	0g	0mg	0mg	0g	0g
Nestle Coffee-mate - Coffee Creamer Cinnamon Vanilla Creme, 1 tbsp	35	5g	2g	0g	0mg	5mg	5g	0g
Quaker - Instant Oatmeal-Weight Control-Maple & Brown Sugar, 45 g (1 packet)	160	29g	3g	7g	0mg	290mg	1g	6g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Genepro - Protein Sup, 1 scoop	98	1g	0g	30g	0mg	15mg	0g	0g
Meal 2								
Porkchop - Porkchop, 4 oz	130	0g	5g	23g	55mg	210mg	0g	0g
Meal 3								
Tonys - Deep Dish Pizza, 0.75 pizza	353	38g	18g	11g	15mg	735mg	7g	2g
Wine - Table, red, 6 fl oz	127	3g	0g	0g	0mg	9mg	0g	0g
Meal 4								
Deleted Duplicate Apple - Gala, 2 ounce med	41	11g	0g	0g	0mg	0mg	10g	2g
Yoplait (per label) - Greek 100 Calories - Strawberry , 1 container (150g)	100	13g	0g	11g	5mg	55mg	9g	0g
TOTAL:	1,046	100g	28g	82g	75mg	1,319mg	32g	10g

Food Notes

Breakfast - woke up and was not hungry. Had coffee. Felt hungry around 11 am so I had meal while studying. Felt satisfied after.

Lunch - was not really hungry but was going out for the afternoon so I ate. I ate standing up in the kitchen. It was a small portion so it was satisfying.

Dinner - did not feel like making dinner so I ordered pizza. Was starving. Ate while watching a movie with my husband. Was very satisfying.

Analysis

Based on 1200 calorie diet with nutritional goal of 55% carbohydrates, 20% protein, and 25% fat (Your Fitness Goals, 2016)).

My Nutrient (Name)	Recommended							
	Dietary Allowances	08/22	08/23	08/24	08/25	08/26	08/27	08/28
Carbohydrates (g)	165	85	105	67	102	106	75	100
Fat (g)	33	29	25	63	73	67	34	28
Protein (g)	60	74	47	58	76	65	78	82
Fiber (g)	25	12	7	4	5	12	8	10
Sugar (g)	60	21	26	35	57	11	28	32
Saturated (g)	27	14	6	21	25	13	12	11
Polyunsaturated (g)	0	2	3	2	2	2	2	1

Monounsaturated (g)	0	3	6	4	4	9	4	1
Trans (g)	0	0	0	0	2	0	0	0
Cholesterol (mg)	300	173	90	458	523	170	518	75
Sodium (mg)	2300	808	726	2091	2584	1678	1236	1319
Potassium (mg)	3500	204	494	214	502	513	1201	781
Vitamin A%	100%	79%	3%	42%	46%	6%	53%	36%
Vitamin C%	100%	165%	10%	6%	31%	20%	22%	11%
Calcium %	100%	43%	26%	28%	51%	20%	30%	42%
Iron %	100%	40%	7%	33%	40%	30%	53%	44%

Carbohydrates: I thought I ate more carbohydrates on a daily basis. Perhaps that is why I feel exhausted all the time. For the past year I have been focusing on a high protein diet. Now that I have analyzed my carbohydrate intake, I am going to increase my daily allowance to 50%. This meets the recommended daily intake of 45% to 65% according to the Acceptable Macronutrient Distribution Range (Dudek, 2014).

Fat: I have always tried to maintain a low fat diet. I decided to set my daily intake at 25% of total daily calories which is between the recommend amount of 20% to 35% (Dudek, 2014). I had 3 days where I exceeded my daily limit. I almost never eat out and after analyzing my fat intake, I remembered why. I consumed about 75% of my daily calories and my entire fat allowance for the day from eating one meal at a fast food restaurant. When I further analyzed my fat intake, I found that I was consuming whole eggs for breakfast and Jenny-O-Turkey for lunch. Although I consider these healthy foods, they are both high in fat. I will alternate the days that I consume these foods.

Protein: I have no issues getting my protein in. I eat a lot of turkey, chicken, and eggs and I use a protein supplement called Genepro. It is a tasteless, odorless powder that can be added to almost anything. I typically eat between 60 and 90 grams of protein daily but because I am trying to increase my carbohydrates, I having lowered my daily intake to 20%. This still meets the recommended 10% to 35% range (Dudek, 2014).

Fiber: overall, my fiber intake was very low. I find it difficult to purchase high fiber products that are low in calories and not processed. Many of the foods I consume have only 2 or 3 grams of fiber. I am going to try and find a cereal that is high in fiber but low in sugar to help meet my daily intake. I will also incorporate fruit that is high in fiber like apples, oranges, and bananas (Dudek, 2014).

Sugar: my overall sugar intake was low. Over the past year I have been very cognizant of processed foods. I notice that a lot of fruits are high in sugar so I have decreased my fruit intake. I am starting to incorporate apples and bananas back into my diet. I do have a sweet tooth but I try not to snack too often.

Saturated: my saturated fat levels were lower than I thought they would be. I was actually surprised because I do like many foods that contain saturated fat. I know that my body needs fat as it is a major source of energy so my goal is to stay under the recommended 10% of total calories and try to replace saturated fats with polyunsaturated fats (Dudek, 2014).

Polyunsaturated: my polyunsaturated fat levels were low. The fats came from healthy sources such as oatmeal, pinto beans, and whole eggs. I know that these are essential fats that must be consumed in my diet (Dudek, 2014).

Monounsaturated: I would like to replace my saturated fat intake with monounsaturated fat. This is a healthy fat that can help lower blood cholesterol levels (Dudek, 2014).

Trans fats: my intake of trans fats were good except for one day. I am happy about this because they raise LDL levels and are extremely unhealthy (Dudek, 2014).

Cholesterol: my cholesterol levels were a bit disappointing. I was over the daily recommended allowance of 300 mg (Your Fitness Goals, 2016). When I make scrambled eggs, I usually use 2 whole eggs. I am going to substitute 1 egg for egg whites.

Sodium: my sodium levels varied. I have never really tracked my sodium intake but always thought it was high. I will continue to monitor this as I get older and ensure that I don't exceed the upper limit of 2300 mg (Dudek, 2014).

Potassium: my potassium levels were ridiculously low. I was not shocked by this because I have been monitoring my potassium. I have been looking for a super food that is low in calories and high in potassium. I am going to try to increase my potassium by eating more fruits, vegetables, and whole grains (Dudek, 2014).

Vitamin A: my vitamin A levels were extremely low. I have been on a high protein diet for the past several months and never paid attention to my vitamin levels. I would prefer to reach the correct level with food and not supplements. I don't eat a lot of fruit but I do like broccoli, carrots and sweet potatoes which are all good sources of vitamin A (Dudek, 2014).

Vitamin C: I was really surprise that my vitamin C intake was so low. I do eat a lot of Brussel sprouts, cauliflower, and broccoli which are all good sources of vitamin C (Dudek, 2014).

Calcium: my calcium was very low. This worries me because I am getting older. I definitely need to increase my intake. I purchased fortified cereal and almond milk this week. I love cabbage so I will incorporate that back into my diet.

Iron: my iron levels were very low. I feel like I am always tired but thought it was because I study all the time. Perhaps it's because of this. I am definitely going to incorporate foods high in iron such as fish, fortified cereals, and poultry (Dudek, 2014).

Strengths & Weaknesses:

Strengths: low sodium and sugar levels. I was surprised at these levels. I honestly thought my sodium and sugar levels were through the roof. I almost never at restaurants and fast food places

which could account for the lower levels. The one day that I ate at In-N-Out Burger, my sodium was over the recommended daily amount.

Weaknesses: high fat intake and low Vitamin percentage. I had no idea how much fat I was eating. I eat ground turkey and eggs almost daily. Although these are good sources of protein, they are very high in fat. I never pay attention to vitamin percentages when I purchase food. I know that as I get older, absorption of nutrients slows down. This is a weakness that I definitely need to address.

Medical Conditions: I have no medical conditions.

Drug/Medication Interactions: I don't take any medications.

Culture: I have no cultural influences.

Diet Plan

Based on my current BMI of 28, I would like to lose 15 pounds. I know what I need to do but it's a matter of having the strength and willpower to make the changes. My diet plan is to consume a healthy diet consisting of low-fat foods, fruits, lean proteins, and vegetables. I am going to limit my sugar and salt intake, cut down on alcohol consumption and try to maintain a healthy BMI of 24. I am going to consume 64 oz of water daily and engage in regular physical activity on a weekly basis (Dudek 2014).

Goals/Implementation/Obstacles

By October 1st, 2016, I will increase my fiber intake to 20-25 g daily. I will **implement** this by consuming food items such as pears, raspberries, hummus, and Greek yogurt, and bran cereal. I will purchase items that are easy to prepare and eat, preplan my meals and make them the night before, and slowly increasing my fiber intake. An **obstacle** to this goal is that fresh fruits have a

short shelf life so I would have to go to the grocery store frequently. This might be a challenge given my school and work schedule

By October 1st, 2016, I will decrease my fat intake to 25-30 g daily. I will **implement** this by consuming proteins low in fat. I will substitute turkey for chicken, eggs for bran cereal, and bacon for Canadian bacon 3 times a week. An **obstacle** to this goal is that my husband eats Jenny-O-turkey on his salads everyday so it is a convenient, protein rich meal for me to consume. I work at a winery so I eat a lot of cheese which is high in fat. Let's face it, who doesn't love bacon!

By October 1st, 2016, I will increase my carbohydrates to 130-165 g daily. I will **implement** this by consuming milk and milk products, bananas and apples, whole grain products and breakfast cereals. Due to my busy schedule, I will purchase foods that I can take on the go. An **obstacle** to this goal is that I am not a big breakfast eater. I generally have coffee and get my workout in before I eat.

Reflection

I have always struggled with my weight. When I graduated from high school I gained a lot of weight. My BMI peaked at 40 and I was living a very unhealthy lifestyle. I never exercised, I ate fast food all the time and my portion size was out of control. I have worked hard over the years and have made some positive changes in my life. The nutritional self analysis project has given me a better understanding of nutritional intake. I started using My Fitness Pal in 2010 but only as a tool to track my weight and calorie intake. I never used the program to analyze the nutritional value of the foods I have been eating. In reviewing my food choices over the past week, I have realized that I am a creature of habit. Now, I am much more cognizant of this and have been able

to identify foods that are far more superior in nutrition and health. It has also provided me with a realistic view of changes I need to make in order to live a healthier lifestyle

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