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Nutrition Written Assignment

Nutritional Write-Up

For this assignment we had to record a food log for 3 continuous days and reflect on daily food nutrition. I'm used to never checking for calories, carbs, fats and protein of the things I consume. So, this was a very interesting experience for me. What you consume has a big part in your body's health. I had no knowledge in the amount of carbs, protein, or fat that I should be consuming. Most of the time I never acknowledge these things because I was never really informed. Your body can feel normal and be unhealthy with the with the things you feed it. After finishing the assignment, I will understand the consequences of my bad eating habits and why I should change it to live a healthy life.

Initial Thoughts

I feel like this experience will inform me a lot of more on the most important things we need as a human being to live a healthy life. It made me feel a little ashamed that I already know I would be disappointed with the food log because I'm conscious that I have poor nutrition and a bad eating habit. There are days where I eat once a day or even forget to eat sometimes. I eat out a lot sometimes because I feel like it's easier than taking time to grocery shop and cook. I even sometimes have the bad habit of binge eating or eating when I'm bored and even when I do it I know it's wrong but that does not stop me. I do however feel like after learning this new information I will think twice and check before consuming anything.

What I Learned

Starting this assignment, I knew I was going to learn a few things here and there. Even though I already knew by nutrition and health isn't good I learned that I'm not the only one. These three important macronutrients we focused are big sources of what keep and maintain the body healthy. To fulfill the calories needed, they can exchange between each other to substitute one another if the body lacks on it. Overconsuming or even under consuming can affect the health of any individual. For example, fat's give the body energy and even help in absorbing vitamins that the body needs. Removing this from your diet can be risky because it will enable you to meet your nutrition necessities. The second one is protein, that is need for hormones and tissue repairing. Not consuming enough can cause weakening of the body which isn't good If you had to be healthy for your daily actives in life. The last one is carbohydrate's with breaking down of fatty acids and providing the body with energy. If lacking carbohydrates the body can substitute with protein and fat. Usually these three macronutrients are all work together and maintain the body healthy. I've learned the new nutritional needs projected to keep the body healthy. They also showed us that we need to add physically activity to our daily routine. This will help body toleration and strengthen it. Overall it helped me open my eyes to watching out for what I eat. It might sometimes seem like these things do no harm, but little do we know that they do. It might be now or later.

Concluding Remarks

After learning this new information, well new to me. I've come to realize that my normal daily food consumption is not healthy the majority of the time. One of the reason's being because I eat out a lot and never check what I eat. This experience made me realize that I need to change this bad habit before these things catch up to me. I feel like I know exactly what I can do to turn my life around and that makes me happy.

Personal Consumption Analysis

After seeing these results, it's crazy seeing on actually paper how bad my nutrition is. It makes me disappointed, but it also makes me think positively of how I could change these things. I noticed that on my second day of the log I ate out one time and it says I overate on my daily goals of calories, carbs, and fat. The chick-fil-a I ate exceeded on all macronutrients except protein. I've never knew I could overeat with eating on simple meal with some many calorie and exceeded carbs. I have bad habit of eating chips a lot which also a lot of fat and carbs. I was conscious that a lot of the things I eat are bad but just didn't know how bad till now. I even noticed how at times I would eat for no reason. These things felt like nothing, but they were not just nothing they were doing bad to my bad. I was to improve and try to be more alert to the things I'm eating and my bodies health.

Comparisons to USDA Guidelines

According to the USDA Guidelines, for my age I should be getting 45 to 65 percent of carbohydrates. On my first day I consumed 57 percent for carbohydrates; on the second day I consumed 56 percent of carbs; on the third day I consumed 42 percent which is under the recommended for an adult body of carbohydrates.

According to the USDA Guidelines, for my age I should be getting 20 and 35 percent of fat. On the first day I consumed 25 percent of fat; on the second day I consumed 30 percent of fat; on the last day I overconsumed 45 percent of fat which is way over of what is recommend.

According to the USDA Guidelines, for my age I should be getting 10 to 35 percent of protein. On the first day I consumed 18 percent of protein; on the second day I consumed 14 percent of protein; on the last day I consumed 12 percent of fat.

Application to Body Composition

My Body Composition is not where I want it to be. I am not physically active on the daily anymore because I feel like I never have time and when I do i do it once and forget to keep it a daily routine. To add to that, daily nutrition is not the best, and It needs improvements. I will try to reach to goals of carbohydrates, fats and protein that is recommended because it is said that by following it, it can always lower disease risk and better one's health. Regardless if I'm trying to lose weight or not, I will change this and make it a lifestyle. In the long run, this will make me a healthy human being. I may not be in control of all of the things that can happen to my body, but I can control what I consume. I'm going to take more into consideration what I eat before just eating whatever.

THREE DAY LOG

VZW Wi-Fi 10:11 AM 39% Food Friday, Mar 27 CALORIES - SUMMARY Learn More 3,128 cals in — 1,243 cals out 0 cals daily calorie goal MACRONUTRIENTS Learn More 55% carbs (440 g) 33% fat (122 g) 12% protein (95 g) EVENING SNACK 430 calories Nuts, Mixed 170 > Water, Drinking Water, Tap 0 > Peanut, Dry Roasted W/salt 100 > Original Coffee Creamer 60 > Instant Coffee 70 > Sugar 30 > DINNER 132 calories Today Discover Community COVID-19	VZW Wi-Fi 10:11 AM 39% Food Friday, Mar 27 EVENING SNACK 430 calories DINNER 132 calories Cheese, Halloumi 40 > Arabic Bread 80 > Water, Drinking Water, Tap 0 > Cucumber, Raw 12 > AFTERNOON SNACK 280 calories Nutter Butter Bites made with Real Pean... 280 > LUNCH 1,866 calories Ground Beef, 93/7 43 > White Rice 704 > Potato, Baked 202 > Pomodoro Sauce 786 > Today Discover Community COVID-19	VZW Wi-Fi 10:11 AM 39% Food Friday, Mar 27 LUNCH 1,866 calories White Rice 704 > Potato, Baked 202 > Pomodoro Sauce 786 > Onion 11 > Artichoke, Boiled W/salt (globe Or French) 120 > Water, Drinking Water, Tap 0 > BREAKFAST 420 calories Cream Cheese 60 > Creamer, French Vanilla 70 > Blueberry Bagel 288 > Water, Drinking Water, Tap 0 > Coffee 2 > Today Discover Community COVID-19
VZW Wi-Fi 10:11 AM 39% Food Saturday, Mar 28 CALORIES - SUMMARY Learn More 3,227 cals in — 1,243 cals out 0 cals daily calorie goal MACRONUTRIENTS Learn More 36% carbs (295 g) 51% fat (185 g) 13% protein (105 g) 30 cal uncategorized EVENING SNACK 182 calories Nuts, Mixed 182 > Sparkling Water 0 > DINNER 1,405 calories Water, Drinking Water, Tap 0 > Chicken Fajitas 430 > Green Pepper, Sweet, Sauteed (bell) 127 > Red Pepper, Sweet, Sauteed 145 > Today Discover Community COVID-19	VZW Wi-Fi 10:12 AM 39% Food Saturday, Mar 28 DINNER 1,405 calories Green Pepper, Sweet, Sauteed (bell) 127 > Red Pepper, Sweet, Sauteed 145 > Cheese, Sharp Cheddar Slices 110 > Red Chile Sauce 5 > Tortilla, Flour 468 > Onions, Sauteed Glazed 60 > Sour Cream 60 > LUNCH 596 calories Ketchup 40 > Water, Drinking Water, Tap 0 > Mustard, Dijon 30 > Hot Dog, Selects, Turkey 286 > Today Discover Community COVID-19	VZW Wi-Fi 10:12 AM 39% Food Saturday, Mar 28 DINNER 1,405 calories LUNCH 596 calories Ketchup 40 > Water, Drinking Water, Tap 0 > Mustard, Dijon 30 > Hot Dog, Selects, Turkey 286 > Hot Dog Buns 240 > BREAKFAST 1,044 calories Sugar 30 > Coconut Oil 345 > Croissant 240 > Cheese 193 > Original Coffee Creamer 60 > Pepper, Black 1 > Today Discover Community COVID-19

VZW Wi-Fi 10:18 AM 37%	
< Food	Saturday, Mar 28
LUNCH 596 calories	
Hot Dog Buns	240 >
BREAKFAST 1,044 calories	
Sugar	30 >
Coconut Oil	345 >
Croissant	240 >
Cheese	193 >
Original Coffee Creamer	60 >
Pepper, Black	1 >
Eggs	138 >
Salt, Sea	0 >
Tomato, Raw	2 >
Coffee-	35 >
Today	Discover Community COVID-19

VZW Wi-Fi 10:19 AM 37%	
< Food	Sunday, Mar 29
CALORIES - SUMMARY Learn More	
1,755 cals in — 1,243 cals out 0 cals daily calorie goal	
MACRONUTRIENTS Learn More	
37% carbs (173 g) 39% fat (75 g) 24% protein (106 g)	
EVENING SNACK 230 calories	
Sparkling Water	0 >
Fudge Brownies	100 >
Milk, 2%	130 >
DINNER 1,082 calories	
Parsley, Raw	18 >
Carrot, Boiled, No Salt	16 >
Eggplant, Boiled W/salt	34 >
Today	Discover Community COVID-19

VZW Wi-Fi 10:19 AM 37%	
< Food	Sunday, Mar 29
DINNER 1,082 calories	
Eggplant, Boiled W/salt	34 >
Pepper, Black	1 >
Ground Beef, Baked, 75% Lean	575 >
Zucchini W/skin, Raw	13 >
Potato, Boiled	74 >
Chicken Wings	220 >
Salt, Sea	0 >
Tomatoes	64 >
Tomato Paste	29 >
Onion, Raw	38 >
LUNCH 45 calories	
Veggie Pizza	45 >
Today	Discover Community COVID-19

VZW Wi-Fi 10:19 AM 37%	
< Food	Sunday, Mar 29
DINNER 1,082 calories	
Salt, Sea	0 >
Tomatoes	64 >
Tomato Paste	29 >
Onion, Raw	38 >
LUNCH 45 calories	
Veggie Pizza	45 >
Water, Drinking Water, Tap	0 >
BREAKFAST 398 calories	
Coffee	3 >
Creamer, French Vanilla	105 >
Milk, 2%	130 >
Cereal, Fruit & Yogurt	160 >
Today	Discover Community COVID-19

Work Cited/Reference Page

Website: <https://avitahealth.org/health-library/macronutrients-a-simple-guide-to-macros/>

“Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids.” *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*, 8 Oct. 2018, [nationalacademies.org/hmd/reports/2002/dietary-reference-intakes-for-energy-carbohydrate-fiber-fat-fatty-acids-cholesterol-protein-and-amino-acids.aspx](https://www.nationalacademies.org/hmd/reports/2002/dietary-reference-intakes-for-energy-carbohydrate-fiber-fat-fatty-acids-cholesterol-protein-and-amino-acids.aspx).

“Fitness Starts with What You Eat.” *Myfitnesspal*, www.myfitnesspal.com/.