



## Nutrition - Personal 3 Day Diet Analysis

Three Day Diet Analysis According to the food pyramid, my diet is horrible considering what I have consumed in these 3 days. It shows that I need to start eating more, and better quality foods. My sugar intake is too high and should be reconsidered. Possibly I could swap out processed sugars for natural sugars; such as in fruit. It is obvious from the records I have provided that I do not take in as much (if any) fruit that one should be consuming on a daily basis. Thus, not only am I depriving myself of vitamins, I am also depriving myself of the fiber needed in order for my digestive system and metabolism to work as necessary.

I will have to incorporate more whole grains with fruit and vegetables to act as roughage, as going to the bathroom proves difficult for me- most likely this is why. I was astonished by how many carbohydrates I take in too. Eating a lot of carbs can add to the blockage/ movement in the bowels so I need to consider decreasing the TYPE of carbohydrates that I eat, cutting out white and processed breads and grains, replacing them for whole grains and wheat products. The only milk I intake is with my coffee and tea.

Although I have four hot beverages a day with around 2 tablespoons of dairy, I am aware that this is no-where near the recommended 2 cups a day. On a good note however, I do not drink many sugary drinks at all- if any. Coffee, tea and water are my staple liquids therefore the sugar that I eat equals out to the sugars that I don't drink. Drinking 2-3 glasses of water per day are less than the 6-8 glasses recommended however I do make a conscious effort to drink more on the days that I work out. I do not take in enough calories, as I burn on average 800calories and eat on any given day from 1200-1800.

The meat and beans intake was at 3. 5 oz which I do not eat meat much so this is not a surprise it's suppose to be 6oz intake. With the Vegetables this is an easy one I love any kind of vegetable and was short these 3 days I had 1 cups intake when it says I should do 3 cups. Fruit intake was 0 cup when it says 2 cups recommended. Grains intake was 3. 5oz recommendation is 7oz. All in all I would say I need to work on something's but I am proud to say I will be working on changing my lifestyle. I have made a conscious effort to start a meal plan in conjunction with a 60 day workout called insanity.

I have done this before and the results have been outstanding. I was at the peak of physical condition as well as health. With eating correctly my mind was clear and vivid. My memory was better and I had no feelings of sluggishness or feisty behavior. Joining this meal plan will help me jump-start my metabolism by keeping me on a strict guideline on times to eat (since this seems to be a problem with me), portions- since I don't eat enough and balanced diet as it has proven as of now I am eating more protien and carbohydrates than anything else.

Some of the ways I can work on these things is make sure I eat more in all the areas of the pyramid, with the grains I will eat more pastas, whole grain breads, crackers and just anything that has grain in it. Also more vegetables. this is easy because I do love them but

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