Saniya Shahban

Instructor Name

Art 101

13 November 2019

 Diet Analysis Project

A regular exercise and a balanced diet with a satisfactory amount of nutrients maintain the body to stay in good physical shape. Individuals of the United States do not eat food according to the recommended guidelines. It has led the foundations of unhealthy eating behavior and sedentary lifestyles among teenagers (Commissioner). Ultimately, the body is not adapted to keep itself from infections and diseases. According to an estimate, cardiovascular disorders, hypertension and diabetes-associated diseases are prevalent in the communities and led to the disease burden. The only solution to reduce nutrition and physical related diseases is to adopt a healthy lifestyle as well as a balanced diet.

# Dietary Intake Daily Logs

# Day 1 Saturday

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Food** | **Quantity**  | **Fats**  | **Carbohydrates**  | **Proteins**  | **Others**  |
| **Breakfast** One glass juice4 pcs slice with butter 1 glass water  | 1 glass4 pcs  | 100 grams | 150 g | 0 g | Sugars 50 g |
| **Lunch** One plate rice with lentils One glass coke1 glass water  | 1 plate 1 glass | 100 g | 200 g | 100 g | Sugars 10 g |
| **Dinner** One pizza One cup tea1 glass water  | 1 plate1 Cup  | 100 g | 200 g | 120 g | Sugar 5 g |

# Day 2 Sunday

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Food** | **Quantity**  | **Fats**  | **Carbohydrates**  | **Proteins**  | **Others**  |
| **Breakfast** One glass Milk4 pcs slice with 1 egg1 glass water  | 1 glass4 pcs  | 50 grams | 150 g | 70 g | Sugars 50 gDairy 100 g |
| **Lunch** One burger with chicken One glass coke 1 glass water  | 1 plate 1 glass | 100 g | 150 g | 100 g | Sugars 10 g |
| **Dinner** 1 tortilla with1 plate vegetables One cup of tea1 glass water  | 1 plate1 Cup 1 tortilla  | 150 g | 150 g | 10 g | Sugar 5 gVegetables 100 g |

# Day 3 Monday

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Food** | **Quantity**  | **Fats**  | **Carbohydrates**  | **Proteins**  | **Others**  |
| **Breakfast** One cup of coffee4 pcs slice with egg | 1 glass4 pcs  | 50 grams | 150 g | 70 g | Sugars 50 g |
| **Lunch** One plate rice with chicken One glass coke1 glass water  | 1 plate 1 glass | 100 g | 200 g | 100 g | Sugars 10 g |
| **Dinner** One cup soupOne cup tea and one bowl sweets 1 glass water  | 1 cup1 Cup  | 50 g | 100 g | 100 g | Sugar 15 g |

# Three-day Average

|  |
| --- |
| **Intake**  |
| **Fats**  | **Carbohydrates**  | **Proteins**  | **Others**  |
| 300 g | 550 g | 220 g | Water 1.5 LSugars 10 gVegetables noFruits no |
| 300 g | 450 g | 180 g | 1 L Water  |
| 200 g | 450 g | 270 g | Water 1 L |

Average fats 266.6 g /day

Average carbohydrates 483.3 g / day

Average proteins 223.3 g / day

Water 1 L per day

Vegetables 33 g /day

Fruits 0 g / day

Dairy products 50 g / day

# Energy Estimation Requirements

It is the average dietary energy intake that is required to be maintained to keep the body healthy, active and sound. It depends on the height, weight and level of physical activities we perform. According to my food intake, I need regular physical activity to maintain my weight and daily energy requirements.

# Intake vs. Goals Report

|  |  |
| --- | --- |
| **Intake**  | **Goals**  |
| Fats  | Carbohydrates  | Proteins  | Others  | Fats  | Carbohydrates  | Proteins  | Others  |
| 300 g | 550 g | 220 g | Water 1.5 LSugars 10 g | 65 g per day | 300 g per day | 50 g per day (Schilling) | Water 3.7 Liters  |
| 300 g | 450 g | 180 g | 1 L Water  | 65 g (Commissioner) | 300 g | 50 g | Water 3.7 L |
| 200 g | 450 g | 270 g | Water 1 L | 65 g | 300 g | 50 g | Water 3.7 L |

# Activities Spreadsheet

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Week 1 | Weight  | Exercise Total | Duration  | Calories burn  |
| Monday | 55 Kg | Brisk walk  | 30 minutes  | 200 to 300 Cal |
| Tuesday | 55 Kg | Walk Jumps  | 15 minutes 15 minutes | 100 150 |
| Wednesday | 55 kg  | Walk Planks  | 20 minutes 10 minutes  | 200 100 |
| Thursday | 55 kg | Brisk walk  | 30 minutes  | 300  |
| Friday | 55 kg | Brisk walk | 30 minutes  | 300  |
| Saturday | 55 kg  | WalkPlanksjumps | 15 minutes10 minutes10 minutes | 200100100 |
| Sunday | 55 kg  | Walk Planks  | 25 minutes 10 minutes | 300 100 |

# Evaluation

A routine exercise and a balanced diet with an adequate amount of nutrients recoil the body to stay healthy. People of the United States do not consume food from the four major groups (Guthrie et al.). This had led to the foundations of unhealthy eating behaviors among teenagers (Commissioner). Eventually, we have to join a gym or exercise in order to achieve healthy lifestyle goals. According to the guidelines, food should be taken sensibly (Schilling). Sufficiently taking fruits and vegetables, fats and oils, dairy products and carbohydrates can keep the body healthy (Nutrition). It is suggested that food should be taken from all four groups. Major food groups are proteins, fats and oils, carbohydrates, vegetables and fruits (Guthrie et al.). Food and nutrition are directly linked to the health status of the body. Food provides nutrients and energy to the body which is required for its proper functioning. Carbohydrates deliver instant energy to the body and proteins are required for the cell structure and muscles. Fats and oils are also important for the growth and activities of the cells (Commissioner). Vegetables and fruits are required for the body as it provides minerals and vitamins. The most significant element of food is the water required by the body up to at least 3.7 Liters.

Certain health disorders are linked to nutrition and lifestyle. These disorders include cardiovascular diseases, diabetes and hypertension-related diseases. According to the food that I consume, it needs a lot of changes as per the recommended diet as it comprises average fats 266.6 g /day, average Carbohydrates 483.3 g / day, average proteins 223.3 g / day, water 1 L per day, vegetables 33 g /day, fruits 0 g / day, and dairy products 50 g / day. It does not come from all major food groups i.e. carbohydrates, fats, proteins, vegetables and fruits. My diet lacks dairy products, vegetables and fruits, and water intake is also insufficient. A balanced diet is a diet that is recommended to be consumed to keep our body healthy (Schilling). My diet is very high in carbohydrates and fats (saturated fat), and it lacks fruits, fibers, and vegetables (Nutrition). Good sources for fats are olive oils, nuts and seeds. A good source for carbohydrates is bread, vegetables, and fruits (Guthrie et al.). Eggs and seeds are a good source of protein for our bodies. The average daily calorie intake recommended is 2000 to 2400 calories per day however, my calorie intake is above 4000 calories per day. A regular exercise and a balanced diet are significantly recommended for my daily routine. My nutritional goals are to consume a balanced diet to keep my body healthy and sound and to prevent myself from acquiring diseases that are more common and prevalent among communities and societies these days.

# Works Cited:

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Schilling, Ray. *New FDA Food Guidelines*. 2016.