Student’s Name

Professor’s Name

Course Code

Date

Diet Report

**Analysis of the diet**

The analysis of the food intake reveals a complex trend. The analysis is done based on food intake for the last three days. Based on the analysis it is evident that the plate intake does not meet the target. The target is 1800 calories and based on the analysis he only manages 60%, which means that 1080. It is also evident that a lot of food taken for the last three days is protein food. The dairy, fruits, and vegetable targets are not met. This means that Lee takes a lot of protein food when compared to other types of food and this may not be good.

The protein intake is 30.45 against the target of 23.59 and therefore, the protein intake is 129 %. The carbohydrates intake is 87.60 against the target of 260.47, which means that the carbohydrates intake are 34%. It means that Lee takes fewer carbohydrates food than required. The dietary fiber is also poor because the intake is 7.1 against the target of 26.52. It means that Lee only took 27% of fiber required by the body. This means there is a deficit of 73% and therefore, this could expose his body to a lot of medical problems. The analysis also indicates that he took 53% of sugar required by the body, 47% of fat, 30% of Cholesterol and 0% of water. It also shows that he took 0% of minerals and 23% of calcium and 44% of iron.

**Recommendation**

Based on the diet analysis, it is evident that Lee had a poor balance diet three and therefore, a change in diet is required. In the last three days, the analysis indicates that he took a lot of protein compared to other food. Though the body requires a lot of protein, too much of it could be dangerous and therefore, it is recommended for Lee to reduce the protein intake by at least 23%. Without reducing the amount of protein intake, he can develop some health conditions related to too much protein in the body. The body also requires vitamins and the analysis indicates that Lee had taken 0% of vitamins in the last three days. It is recommended for him to take a lot of vitamins because vitamins are required by the body to build the immune system. It is, therefore, recommended to take 900.00 of vitamins, which is the target.

Lee should take foods to enrich in vitamin for breakfast and some during lunch. It is evident that he takes protein for breakfast, lunch, and supper. The diet should change and the meal should comprise of a variety of foods. The amount of cheese and other fast food being taken should reduce by 50% and this is the reason his intake is of protein-enriched food. The analysis reveals that he takes a lot of fats and this should be checked as well to avoid developing any health condition because of a lot of fat in the body. The intake of minerals is also very low at 23% and therefore, it is recommended to increase the amount of mineral food especially iron and calcium because of the essential function of iron and calcium in the body,

**Conclusion**

In order to remain fit and avoid getting disease base on his diet. It is recommended for Lee to do a lot of exercises. The exercise will help in burning a lot of fat and therefore, it will be able to keep fit and avoid heart-related diseases. It is also important to take a lot of vitamins, required protein and also increase the intake of carbohydrates.