Introduction to food nutrition

[Author Name(s), First M. Last, Omit Titles and Degrees]

[Institutional Affiliation(s)]

Author Note

[Include any grant/funding information and a complete correspondence address.]

Introduction to food nutrition

A healthy food intake bounces the body with nutrients it requires every day. According to Canada's new food guide, consumption of diet from four groups is nowadays not following in Canada. Canadians are currently cheered to follow three plans, including what to eat commonly, what to avoid, and promoting cooking and making meals at homes (Canada, 2018). According to the guidelines, food should be taken in a balanced way. Food consists of mainly four groups, proteins, vegetables and fruits, fats and oils and carbohydrates. Adequately intake of vegetables and fruits typically half plate to fulfill the requirement of this food group as essential in providing nutrients, vitamins, and minerals. Protein intake regularly typically a quarter of the plate. Using whole-grain foods again a quarter of the plate. Excessive amount of water. Canada's food guide emphasis taking whole grains not refined, and plant-based proteins such as lentils and nuts (Canada, 2018). Cut down on sugar, particularly in cups of juices and coffee. The portion size was recommended, and it contains portions of proteins, vegetables, and fruits along with a portion of whole grains. Cooked and food prepared at home will enhance the nutritious quality of food. The adequate everyday consumption is used to measure for a balanced diet. By measuring volume, the dietetic influence of precise food is monitored.

## Food record and comparison

The daily routine starts with breakfast. Day 1 breakfast consists of a glass of peach juice with a hardboiled egg. Lunch would be consisting of 1 plate rice with red lentils normally. Having a heavy dinner comprises of cold drink with a pizza. The second day of the breakfast would be bread and margarine butter and a large cup of coffee. This day lunch would be chicken curry with tortilla, and the dinner will contain mac and cheese along with fried bacon. The third day will start with breakfast having 4 maple syrup poured on pancakes and a cup of coffee. Chicken burger and fries would be taken in lunch and dinner with sushi along with a chocolate cake. After comparing the daily intake with the provided food guide, it has been observed that it lacked in many aspects, the food was abundant in sugar, carbohydrates and was lacking in minerals, water, vegetables and fruits and also protein groups. Plenty of vegetables and fruits should be added to my diet. Daily drinks such as cold drinks were also not according to the provided guidelines (Canada, 2018). Water intake was low; sugary food is excessively present in the diet. The coffee and juice were full of sugar more than the daily requirements of the body. Whole grains and portions were also lacking in many aspects; for example, the diet was not according to the portion guided by Canada's food guide (Anderson, Mah, & Sellen, 2015). Daily meals are more of junk food instead of cooking at home. The meals are not maintaining the daily requirement of sodium and sugars and saturated fats. Daily intake of 57 grams butter, egg without yolk 100 grams, fish 100 grams, fresh juice of lime 50 grams, meat products 100 grams, vegetables in the form of cooked potatoes 200 grams and plain yogurt 150 grams is recommended.

**Recommendations and Analysis**

Based on the daily food intake and according to Canada's food guide, it would suggest to follow these changes in the diet.

**Water as a priority drink.**

Daily adequate amount of water is recommended by Canada's food guide as water is the essential body solvent required for the cells and tissues to function effectively (Anderson et al., 2015).

**Portion consisting of a balanced diet**

It would be endorsed to have plenty of vegetables and fruits and protein in the plate to fulfill the requirement of this group into the diet, and it will also fulfill the daily requirements of proteins, minerals, and vitamins.

**Whole grain instead of refined grains**

Whole grains comprise of the entire kernel which is essential to take. Refined grains have lost their vitamin content (Canada, 2018).

**Cut back on sugar**

Sugar is the major cause of tooth decay, and it will help in maintaining a healthy weight.

**Discussion**

Keeping the above recommendations food needs to be taken as per daily intake requirements. The balanced diet is essential for the proper functioning of organs, tissues, and cells (Anderson et al., 2015). Utilization of all food groups will prepare an active and healthy body. When the body is more disposed to the diseases, in that case, a healthy body will stimulate the defense system to combat the diseases, timely and efficiently.

References

Anderson, L. C., Mah, C. L., & Sellen, D. W. (2015). Eating Well with Canada's food guide? Authoritative knowledge about food and health among newcomer mothers. *Appetite*, *91*, 357–365.

Canada, H. (2018, October 31). Healthy eating habits. Retrieved from https://food-guide.canada.ca/en/healthy-eating-habits/, https://food-guide.canada.ca/healthy-eating-habits