

Nutrition Project

Student's Name

Institutional Affiliation



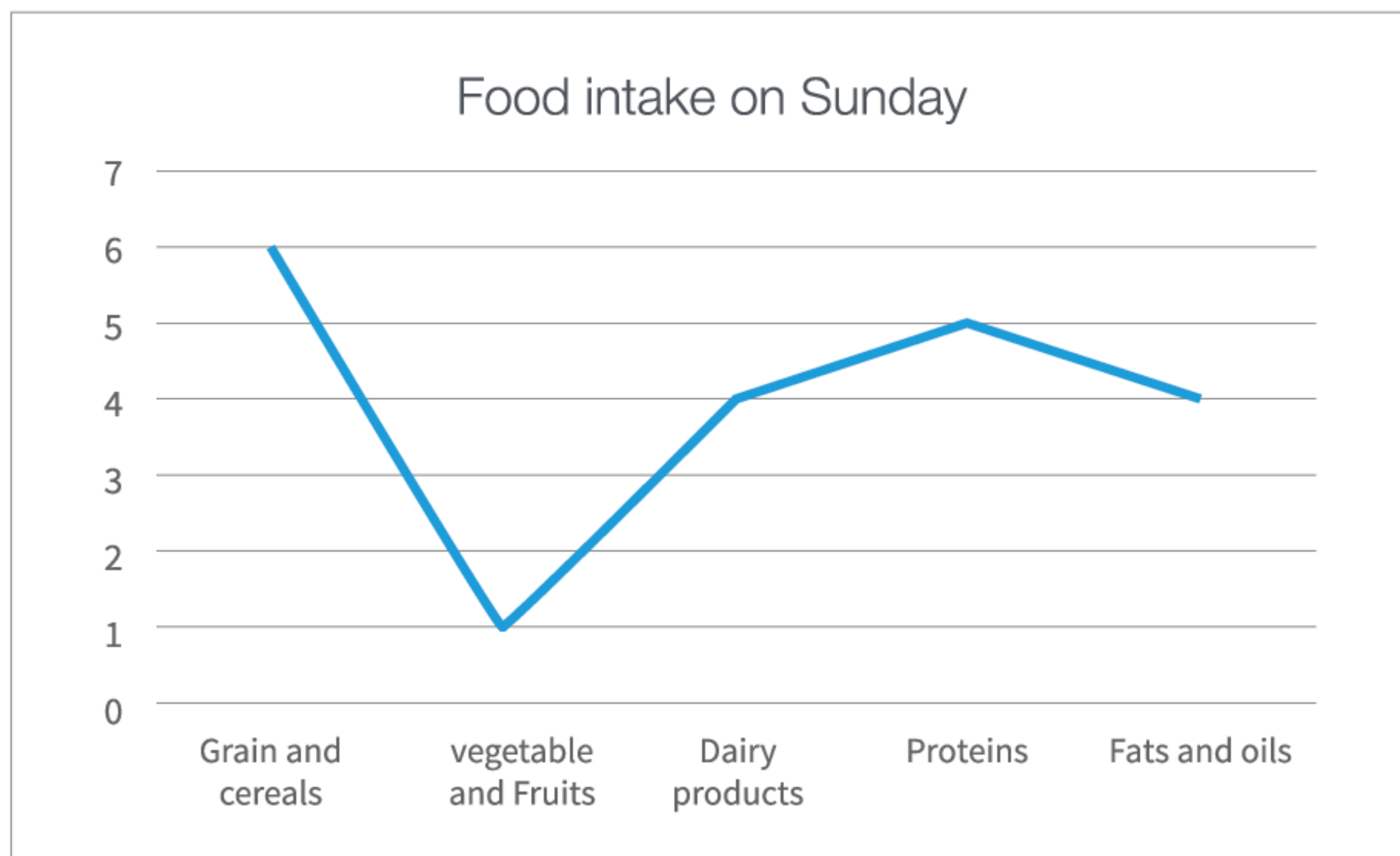
Nutrition Project

Eating a balanced diet is important to every individual. Balanced diet involves eating the right amount of vegetables, fats and oils, meats and meat alternatives, dairy products, grains, and cereals. A balanced diet is an essential for growth and proper functioning of the body. Calorie intake differs with age, gender and the level of activity. Men require more calories than women. This assignment involves recording of daily nutrients for five days. Then nutrients intake for the five days is compared to the diet pyramid. The type of food that a person likes can influence the outcome in the overall nutrients intake per week. I like animal problems a lot and I tend to take a lot of junks such as pizzas, crisps, pasta, and chips. Therefore, I expect my pyramid to contain a lot of proteins and carbohydrates as compared to fats, oils, and fruits.

SUNDAY

FOODS	Grains and cereals	Vegetables and fruit	Dairy products	Proteins	Fats and oils
Rice	✓ 1				
yogurt			✓ 2		
Coffee			✓		✓

Cakes	✓	2				
Pizza	✓	2			✓	✓
chocolate	✓			✓		
Pork					✓ 2	✓
Eggs					✓ 2	✓
Avocado			✓			
TOTAL		6	1	4	5	4



On Sunday, I had the following servings per food type

Grains and cereals – 6 servings

Vegetables and fruit – 1 serves

Milk and Milk products – 4 serves

Meat and meat alternatives (proteins) – 5 servings

Oils/solid fats/sugar – 5 of the servings contained fats and oils.

From the analysis above, it is evident that grains and cereals are on the high side of the graph while vegetables and fruits are the least in the graph. Grains and cereals are important to provide energy to the body. Rice, pizza, cakes and chocolate contain carbohydrates. However, the level of carbohydrates differs for every food type. For instance, rice has more carbohydrates than pizza and chocolate. In this food group, chocolate has the lowest amount of carbohydrates. Excessive intake of this types of carbohydrates can is not advisable since it increases the risk of being overweight and obese. Vegetable are also important for the body because they help to prevent the danger of contracting diseases. For day one, I only took one fruit I didn't take any vegetables. The low amounts of vegetables show that the meal was not balanced.

Fruits provide the body with nutrients such as minerals, vitamins, and antioxidants. An avocado contains vitamin A responsible for proper growth and good eyesight. Vitamin A is also involved in cellular functions and improvement of the immune system. Vitamin A also helps in the maintenance of body organs such as the kidneys, heart, and the lungs. Dairy products for the day were balanced. Five servings of dairy product were enough to help in the growth of bones in the body. Dairy products contain calcium necessary for strengthening teeth and bones. Yogurt was the primary part of dairy products. Bacteria present in yogurts also help to reduce the severity of sickness and prevent eczema especially in children. One major importance of yogurt in the body is maintenance of the

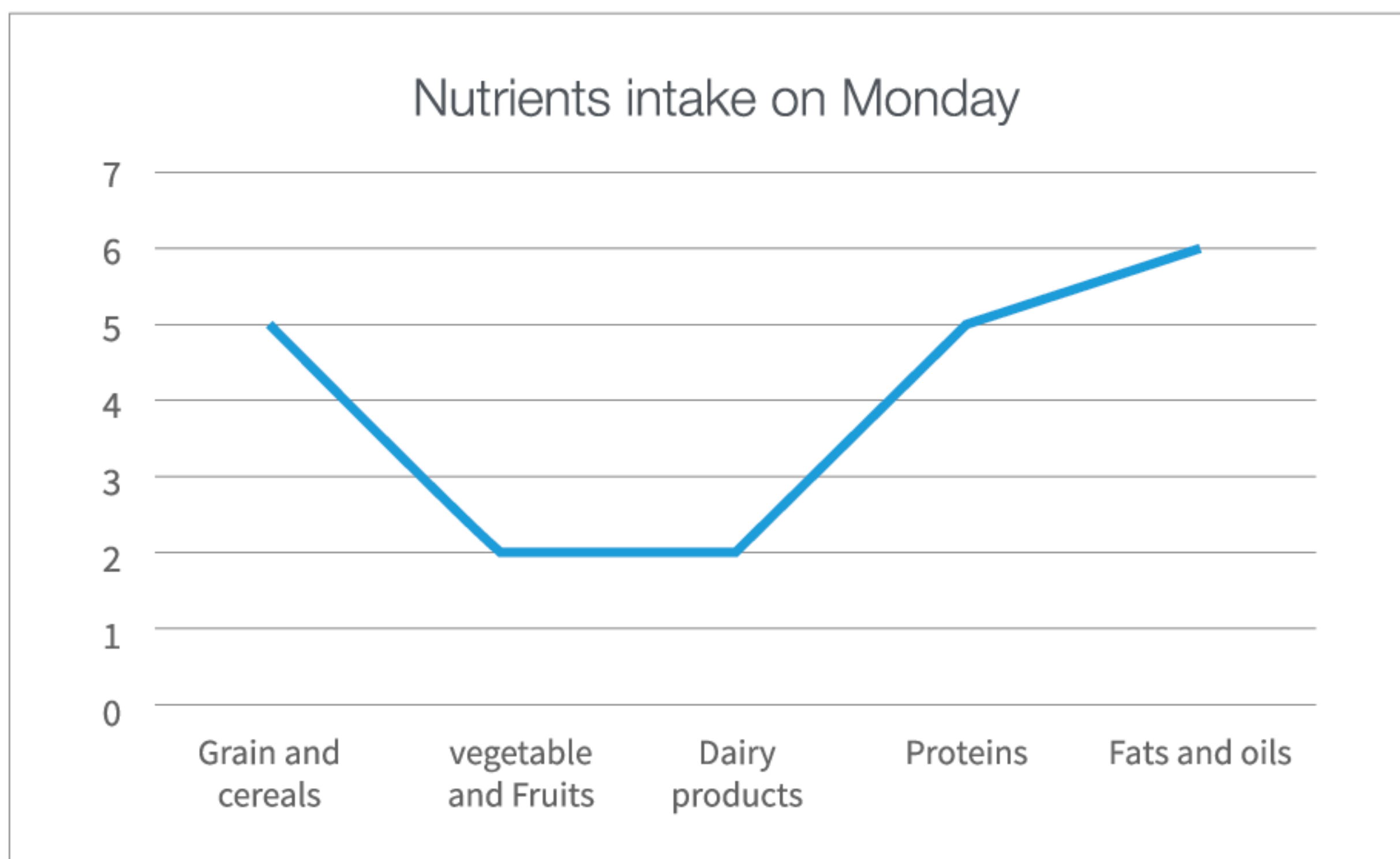
appropriate level of bacteria essential for digestion.

The foods consumed on this day had an average amount of proteins. Proteins are responsible for the growth of body tissues. Protein products included eggs, pizza, and pork. Eggs contain iron, vitamin D, vitamin A, vitamin E, vitamin B12, protein, choline, and selenium. Selenium acts as an antioxidant; the protein helps to repair body tissues while choline is necessary for brain development. Vitamin D contributes to strengthening the bones while iron helps in blood formation and thus prevents anemia. However, excess consumption of eggs can cause heart problems due to the high amount of cholesterol found in eggs.

MONDAY

FOODS	Grains and cereals	Vegetables and fruit	Dairy products	Proteins	Fats and oils
chips	✓ 2				✓
Bread	✓				
Tea			✓		✓
spaghetti	✓				✓
Pizza	✓			✓	✓

chocolate			✓		
Sausage				✓ 2	✓
Eggs				✓ 2	✓
Lemon juice		✓ 2			
TOTAL	5	2	2	5	6



On Monday, I had the following servings per food type

Grains and cereals – 5 servings

Vegetables and fruit – 2 serves

Milk and Milk products – 2 serves

Meat and meat alternatives (proteins) – 5 serves

Oils/solid fats/sugar – 6 of the servings contained fats and oils.

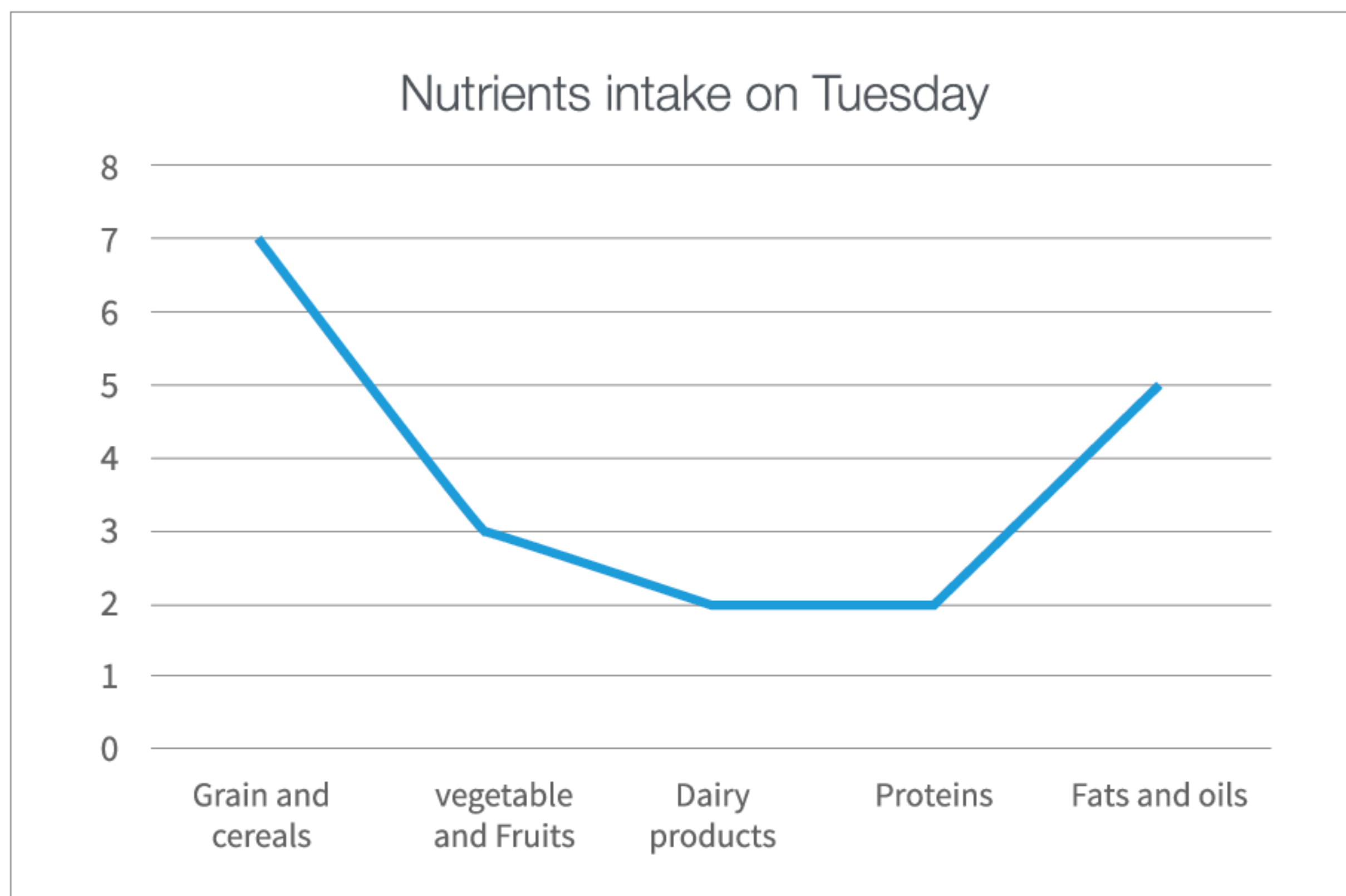
On Monday oil and fats servings were higher than any other day. Oils are important to the body since it the nervous system in its role to send information to the brain. They help in forming of healthy cell membrane, and assists the walls of the intestines in the absorptions of vitamins. Oils are vital in skin lubrication and regulation of hormones. However, when taken in excess they can lead to increased risk of heart disease, and so much oil can cause obesity. Fats at times contain cholesterol that cause high blood pressure. So many fats can cause Fatness or obesity.

Grains and proteins are five servings every day. It is not a very bad ratio; however, the amounts of carbohydrates are supposed to be higher than the quantity of protein intake. Grains and cereals intake did not contain fiber intake. Carbohydrates source in this case is from bread, pizza, and chips. Such types of food should be eaten sparingly. Pizza has a lot of oils, fats, and proteins and fewer amounts of carbohydrates. Chips are cooked using a lot of oils that are risky for good health.

The lemon juice was important for this diet. Lemon juice helps body immunity by reducing the risk of contracting cancer. It contains citrus limonoids that help to prevent colon, lung and breast cancer. It protects the kidney from kidney stones and other kidney diseases. Lemon juice helps to control the level of cholesterol in the body.

TUESDAY

FOODS	Grains and cereals	Vegetables and fruit	Dairy products	Proteins	Fats and oils
corns	✓ 2				
yogurt			✓		✓
Soft drinks	✓ 2				
Biscuits	✓ 2				
Chicken				✓	✓
Bacon				✓ 2	✓
Lentils				✓ 2	
Cheeseburger	✓		✓	✓	✓
Avocado, sweet melon		✓ 2			
TOTAL	7	2	2	6	4



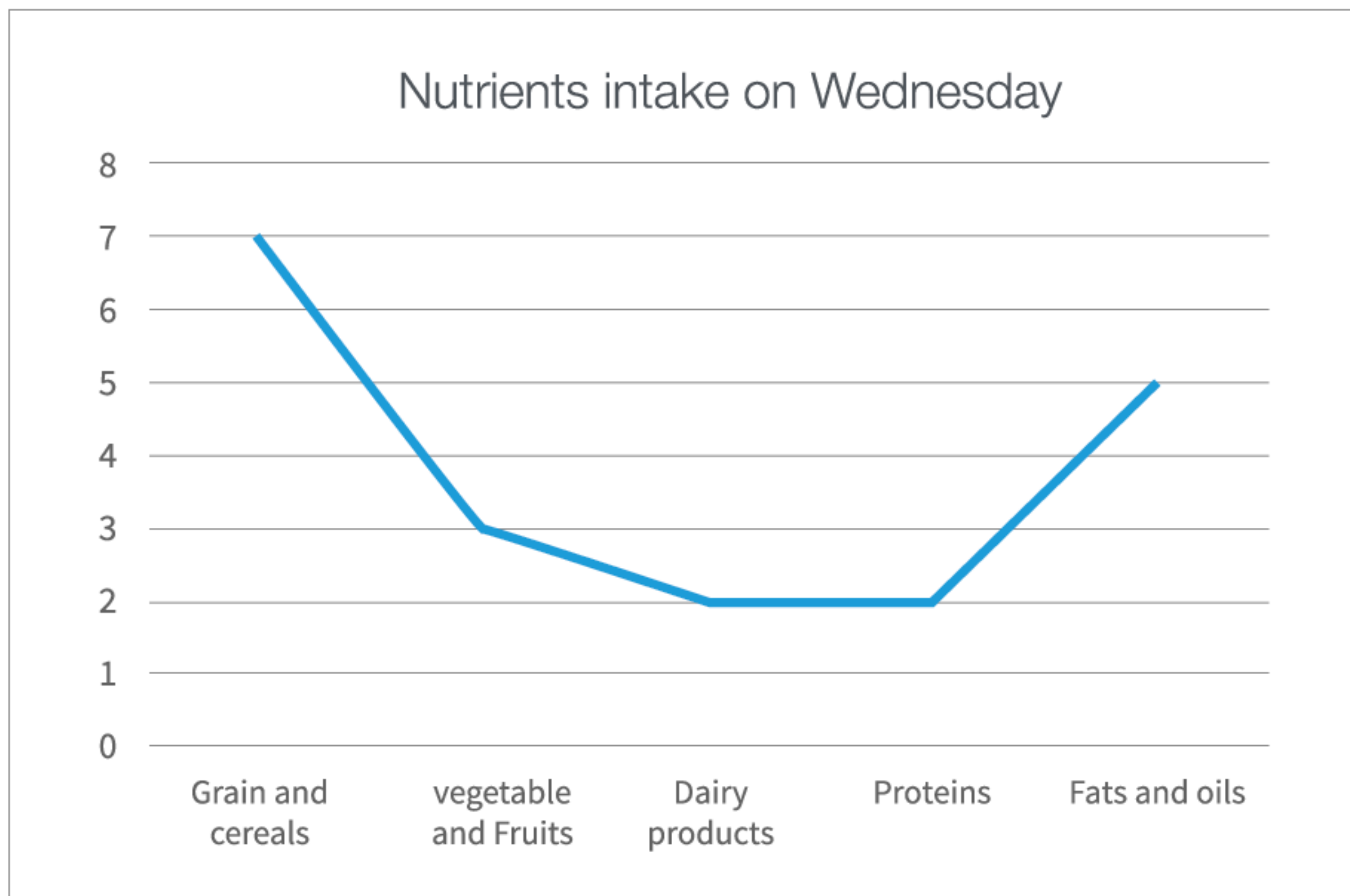
On Tuesday, the amount of Grains and cereals increased to seven. Foods made with grains in this case are corns, biscuits, and soft drinks. Corns are a good source of grains due to its high amount of fiber. Fiber is crucial for the digestion process and prevention of constipation. Biscuits are also an excellent source of carbohydrates due to the flour content in it. However, if taken in excess, it increases the amount of blood sugars in the body. Soft drinks also contain a lot of sugars and therefore they should not be taken in excess. Vegetables and fruit intake on Tuesday were two serves. This was an increment from the previous days. Fruits were two which included a melon and an avocado. A sweet melon is important since it adds metabolic water to the body.

Milk and Milk products were two serves that were fine for the day. Meat and meat alternatives (proteins) serving were six. The amount was too much for the day since the grains contained junk foods. On average the

oils/solid fats/sugar were enough for the day.

WEDNESDAY

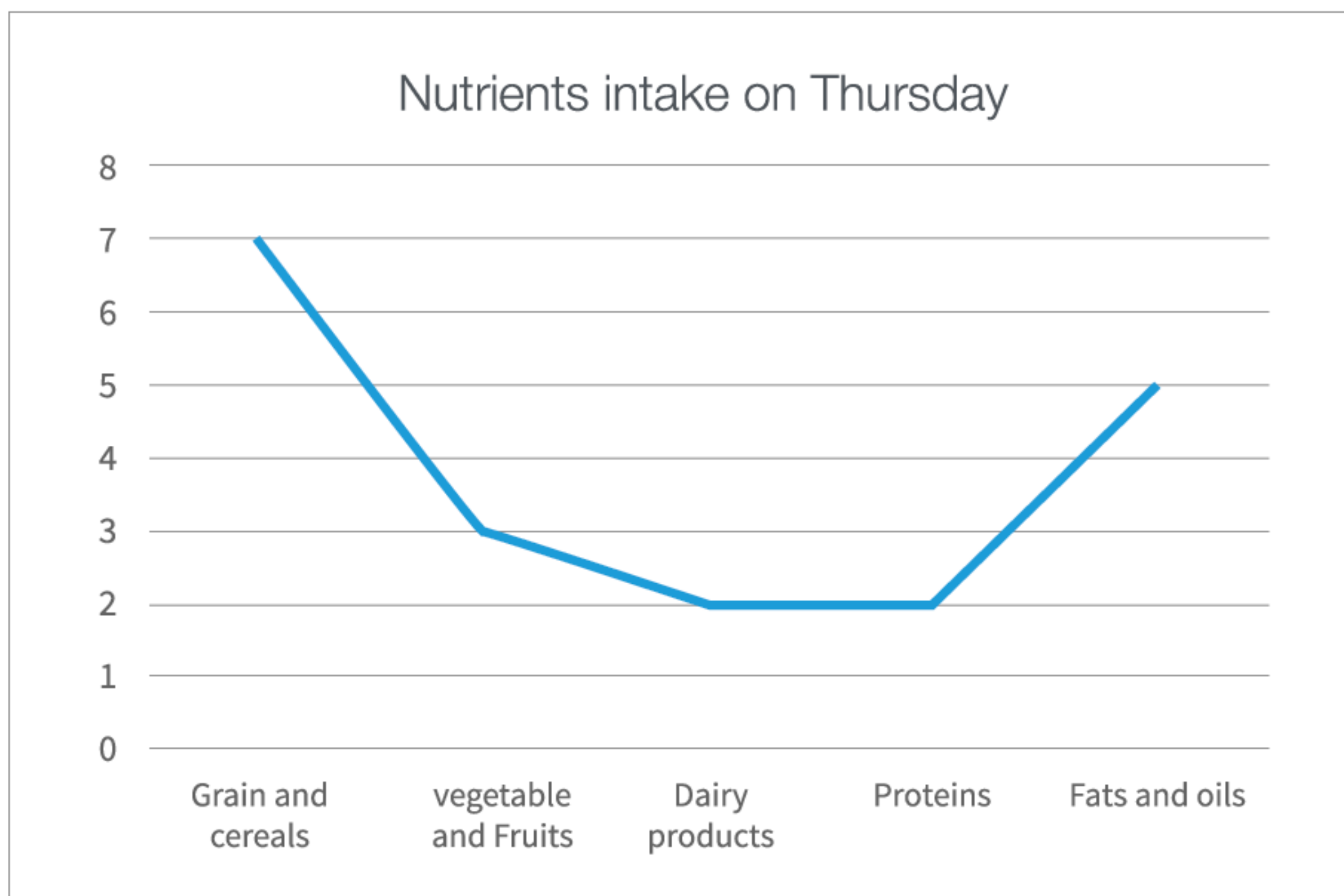
FOODS	Grains and cereals	Vegetables and fruit	Dairy products	Proteins	Fats and oils
Fish				✓ 2	✓
crisps	✓ 2				
Soft drinks	✓ 2				
Cakes	✓ 2				
Pizza	✓			✓	✓
chocolate	✓		✓		
Beans				✓	✓
Eggs				✓	
pawpaw		✓			
TOTAL	8	1	1	5	3



On Wednesday, the intakes for the day did not include any fibers. Grains and cereals intakes were so high. So much intake of the diet can cause overweight. There was only one fruit for the day and no vegetables. A pawpaw has many health benefits. It helps to prevent premature aging, helps to boost and male fertility. Enzymes found pawpaw helps to increases male virility by enhancing circulation of blood in the body. This is unhealthy for the body. Fruits and vegetables are vital in protecting the body against diseases. Dairy products were not enough, and oils and fats were higher than required. Excess fats and carbohydrates are risky to the heart.

THURSDAY

FOODS	Grains and cereals	Vegetables and fruit	Dairy products	Proteins	Fats and oils
Rice	✓ 2				✓
yogurt			✓		✓
Soft drinks	✓ 2				
Cakes	✓				✓
Cabbage, spinach		✓ 2			
chocolate	✓		✓		
pasta	✓				✓
Eggs				✓	✓
Pineapple		✓			
TOTAL	7	3	2	2	5



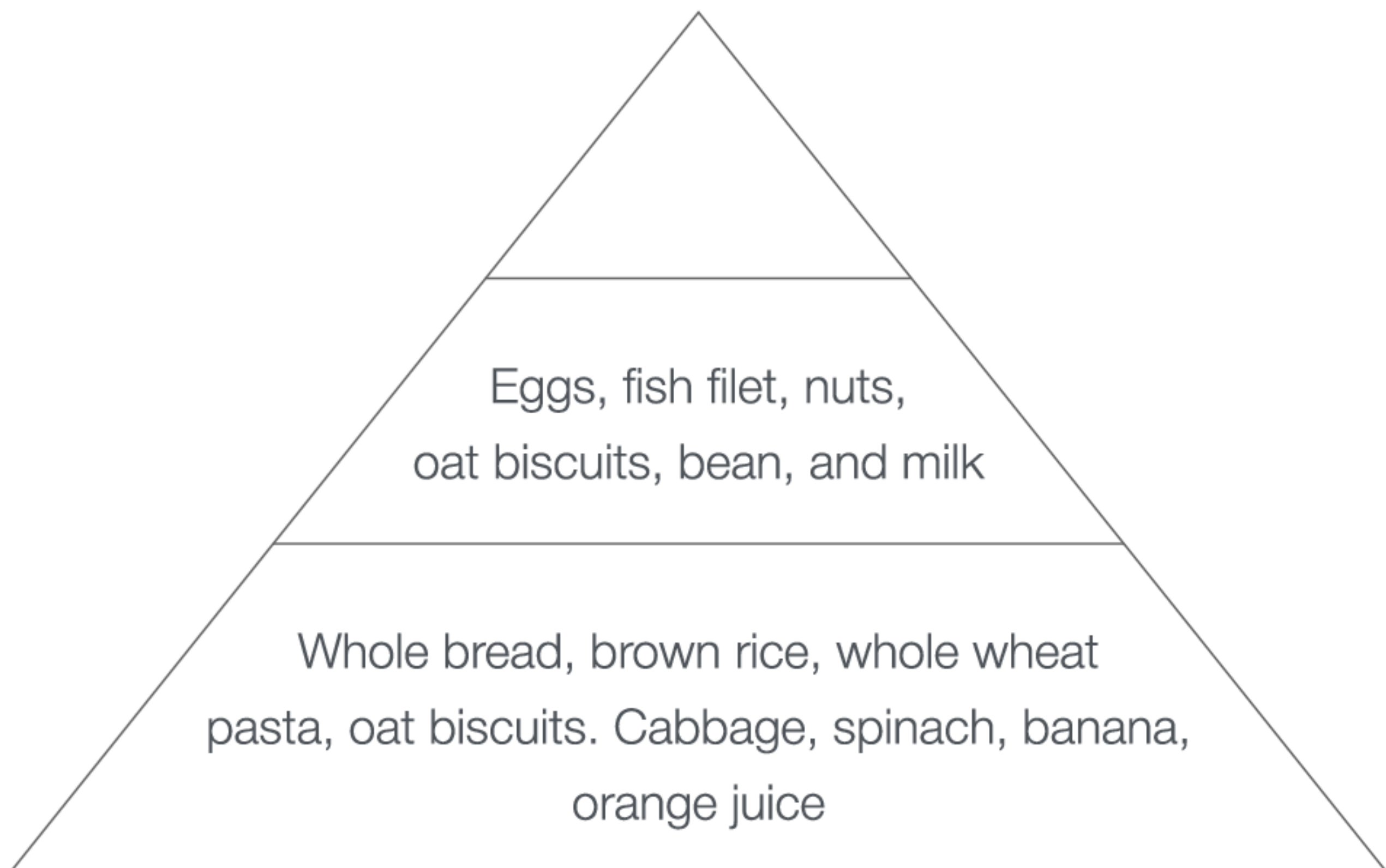
The fifth day had high levels of oils and fats and grains. Foods rich in grains include pasta, cakes, rice, chocolates and soft drinks. The foods have a low content of fiber. However, there is an increase in the level of vegetables and fruits. They amount to three which is higher than the previous four days. Spinach vegetables are important for the formation of iron in the body. Therefore, it helps to boost the level of blood in the body. Spinach also helps to form healthy hair and skin. If consumed in large amounts, it helps to lower the risk of contracting cancer, high blood pressure and asthma. Cabbage has fiber content important for digestion. Cabbages contain vitamins C and K important for protecting the body against diseases. A pineapple is a good source of vitamins and antioxidants. It also contains magnesium and potassium crucial information of cells and body fluids.

ONE DAY MEAL PLAN

BREAKFAST	LUNCH	DINNER	SNACKS
One serving of Milk. Three slices of Wholemeal bread. 2 Eggs + salad 1 Banana 1 Orange Water	Dark green vegetable (spinach) one serving Orange (juice one serving). Brown rice (one serving) Fish fillet (one serving) Water	Cabbage Pawpaw (1 serving) Beans (1 serving) Whole wheat pasta (1 serving) Water	Nuts Oat biscuits

The meal plan should high amounts of grains and cereals followed by fruits and vegetables, meat and its alternatives. According to the above plan, each meal contains grains that have fiber. Water is also important for the body and one should take it regularly throughout the day. Fruits, vegables, and fruit juices should also be taken in large quantities. One should eat animal proteins especially red meat sparingly.

DIET PYRAMID



Conclusion

Results from the above analysis show that I have a high intake of carbohydrates than any other type of food. The types of carbohydrates I consume are mostly fast foods that are not healthy to the body. Foods such as white pasta, white rice, chips, and crisps are processed grains, and they do not have any fiber. Fiber assists in digestion, it also helps to fill the stomach and prevents a person from eating too much. High fiber content helps to reduce cholesterol levels. Fiber can be obtained from eating plant foods such as beans and whole grain meals. My diet also lacked in the

amount of vegetables and fruits. I am supposed to eat a lot more of fruits and vegetables as they help to boost the immune system. A balanced diet is achieved by consuming a lot of grains and cereals containing fiber, a lot of fruits and vegetables, the average amount of proteins and small amounts of oils.