

## Examining My Eating Habits: A Personal Diet Analysis

6 pages | 1264 words

At a young age, I had always had an aggressive appetite, never caring about what I put into my body because I was young, and it was of no concern to me. Over the last 5 years, I have been more aware of my eating habits, but still not making a conscious effort to change what my body intakes. Throughout, My Diet Analysis research, I was able to identify eating habits that I was unaware of specifically during the weekdays. I decided to record two of my busiest days during the week, Monday and Tuesday and one lacks day, being Sunday. My findings were somewhat surprising, showing me on paper just exactly how unhealthy my eating habits are. My diet analysis gave me just the motivation I needed to fully make a change within my everyday diet. Overall, it is very clear that I need to make some changes within my diet on a daily basis in order become fit and healthy. My results from my 3 day recall shocked me slightly, because I didn't realize how little I ate, but how unhealthy many of my food choices were. I wasn't in range with my calorie intake for the 3 days. My calorie intake was over 1500, and my recommended calorie intake was a little over 1200.

The foods I ate that consisted of the most calories were foods from fast food restaurants, mainly being McDonalds, and foods that were full of carbs. I generally eat a lot of fast food during the week because my schedule is so hectic and nonstop, I don't have time to indulge in anything else. My calorie intake was higher on Sunday and Tuesday than it was on Monday. My overall calorie intake on Monday was 100.1, Tuesday it was 2312.7 and on Sunday 1258.7. I was a little surprised to see that my calorie intake on Monday was lower than on Sunday, but after reviewing the foods I consumed, it made sense. Out of the 3 days, Monday was the day I consumed the most vegetables, green tea, and water. I typically drink a lot of water and green tea every day, so that wasn't a surprise, but according to my diet analysis my vegetable intake for Monday was excellent.

My vegetable intake is usually higher on Sundays because my mother usually cooks, and makes at least two green vegetables for that particular meal. As I continued to review my diet analysis I noticed I barely ate any fruits, which was very clear to see considering over the 3 days I had only eaten chunked pineapples, and the fruit that was in a smoothie. According to the USDA dietary guidelines my fruit intake should be at least 33% a day. It's obvious that I need to substitute snacks, such as cookies, and chips for an apple or a fruit cup every day to meet my fruit requirement. I wasn't too surprised to find that my fruit intake was low because I don't tend to eat fruit on a daily basis. I would defiantly say I indulge more vegetables...

# My Diet Analysis Essay

**Werner W. K. Hoeger, Sharon A.  
Hoeger**



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**Diet Culture and Counterculture** Natalie Jovanovski, 2024-08-13 This book is the first of its kind to explore how women challenge the powerful sociocultural and gendered phenomenon of diet culture across the broad anti diet movement and beyond Showcasing the voices of over 150 everyday women activists and health professionals across Australia New Zealand Canada the United States and the United Kingdom the author provides new insight into anti diet practices while giving agency for women who remain main targets of diet culture Using Pierre Bourdieu s concept of habitus as a novel starting point to develop a concept of the diet habitus the author explores the possibility of a fragmented but unified diet counterculture Drawing on feminist perspectives from women s and fat liberation movements the author demonstrates that women s anti diet practices are grounded in a combination of self and society one that has the power to significantly re shape the broad landscape of food and eating for women This international book appeals to scholars students activists and health professionals interested in the intersections of the sociology of the body fat studies sociology of food and nutrition social movements health sociology and women s studies

*The Good Fat Diet* Mary Enig, Sally Fallon, 2005-05-05 Since the late 1950 s it s been drilled into us that fat is bad saturated fat is worse and tropical fats like coconut and palm are just about as near to poison as a food can be However a new and unprejudiced look at fat research over the last fifty years indicates that the opposite is true and that saturated fats and in particular coconut oil are the healthiest fats you can eat This diet will put you back on the track that nature intended for efficient nourishment This is not a deprivational diet Let go of the notion that you must suffer to lose weight Starving yourself is counter productive as it signals the body to hold fat Instead eating sufficient quantities of the right combinations of fats as outlined in the recipes and menu plans you ll notice that you can go for several hours without eating and without experiencing cravings because the body is satisfied and also has stable blood sugar levels As a result hunger pangs melt away and eating sensibly becomes easy

Principles and Labs for Physical Fitness Werner W. K. Hoeger, Sharon A. Hoeger, 2003-04

The Far Traveler A. Bertram Chandler, 2015-12-17 The Far Traveler was hardly the sort of starship to use in the study of lost space colonies Lost colonies were likely to be desperate eccentric and otherwise unappreciative And The Far Traveler was a rich woman s toy constructed of gold and directed by an omniscient dictatorial and feminine computer known as Big Sister John Grimes had become that golden vessel s captain A captain in name only because nobody could talk back to Big Sister or the haughty beauty who owned everything aboard But Grimes was a man of many resources and lost space colonies were placed that did not observe the civilized rules You could be sure therefore that the man known as the Commodore Hornblower of Outer Space would be likely to come through okay even if the ladies mechanical and physical never expected him to

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Swift, Richard R Wilk, 2016-07 A group of experienced innovative teachers explore methods of teaching about food and using food to teach the basics of various disciplines

**Fichte's Moral Philosophy** Owen Ware, 2020-09-18 Owen Ware here develops and defends a novel interpretation of Fichte's moral philosophy as an ethics of wholeness While virtually forgotten for most of the twentieth century Fichte's System of Ethics 1798 is now recognized by scholars as a masterpiece in the history of post Kantian philosophy as well as a key text for understanding the work of later German idealist thinkers This book provides a careful examination of the intellectual context in which Fichte's moral philosophy evolved and of the specific arguments he offers in response to Kant and his immediate successors A distinctive feature of this study is a focus on the foundational concepts of Fichte's ethics freedom morality feeling conscience community and their connection to his innovative but largely misunderstood theory of drives By way of conclusion the book shows that what appears to be two conflicting commitments in Fichte's ethics a commitment to the feelings of one's conscience and a commitment to engage in open dialogue with others are two aspects of his theory of moral perfection The result is a sharp understanding of Fichte's System of Ethics as offering a compelling resolution to the personal and interpersonal dimensions of moral life

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champions this lifestyle despite the constant persecution and efforts to silence him He also discusses at length what he has come to see as a medical and scientific code of silence that discourages anyone in the profession from speaking out against the current dietary guidelines Leading food health and medical journalist Marika Sboros who attended every day of the HPCSA hearing provides the fascinating backstory to the inquiry which often reads like a spy novel Lore of Nutrition is an eye opener and a must read for anyone who cares about their health

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