

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

John Allan Knight, Ian S. Markham



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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 **le Pr/Labs Phys Fit W/Log** Werner W. K. Hoeger,Sharon A. Hoeger,2001-03 *The Annual of Psychoanalysis, V. 29* Jerome A. Winer,James W. Anderson,2013-05-13 Sigmund Freud and His Impact on the Modern World volume 29 of The Annual of Psychoanalysis is a comprehensive reassessment of the influence of Sigmund Freud Intended as an unofficial companion volume to the Library of Congress s exhibit Sigmund Freud Conflict and Culture it ponders Freud s influence in the context of contemporary scientific psychotherapeutic and academic landscapes Beginning with James Anderson s biographical remarks which are geared specifically to the objects on display in the Library of Congress exhibit and Roy Grinker Jr s more personal view of Freud the volume branches out in various directions in an effort to comprehend the multidimensional and multidisciplinary richness of Freud s contribution In section II we find authoritative summaries of Freud s scientific contributions of his continuing impact as a thinker of his notion of symbolization in the context of recent neuroscientific findings and of his status as a cultural subversive In section III contributors hone in on more specific aspects of Freud s legacy such as an experimental method to review how Freud s idea of childhood sexuality has fared and a look at the women who became analysts in the United States In the concluding section of the volume contributors turn to Freud s influence in various humanistic disciplines literature drama religious studies the human sciences the visual arts and cinema With this scholarly yet highly accessible compilation the Chicago Institute provides another service to its own community and to the wider reading public Sure to enhance the experience of all those attending Sigmund Freud Conflict and Culture Sigmund Freud and His Impact on the Modern World will appeal to anyone

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