



Nutrition - Personal 3 Day Diet Analysis

Three Day Diet Analysis According to the food pyramid, my diet is horrible considering what I have consumed in these 3 days. It shows that I need to start eating more, and better quality foods. My sugar intake is too high and should be reconsidered. Possibly I could swap out processed sugars for natural sugars; such as in fruit. It is obvious from the records I have provided that I do not take in as much (if any) fruit that one should be consuming on a daily basis. Thus, not only am I depriving myself of vitamins, I am also depriving myself of the fiber needed in order for my digestive system and metabolism to work as necessary.

I will have to incorporate more whole grains with fruit and vegetables to act as roughage, as going to the bathroom proves difficult for me- most likely this is why. I was astonished by how many carbohydrates I take in too. Eating a lot of carbs can add to the blockage/ movement in the bowels so I need to consider decreasing the TYPE of carbohydrates that I eat, cutting out white and processed breads and grains, replacing them for whole grains and wheat products. The only milk I intake is with my coffee and tea.

Although I have four hot beverages a day with around 2 tablespoons of dairy, I am aware that this is no-where near the recommended 2 cups a day. On a good note however, I do not drink many sugary drinks at all- if any. Coffee, tea and water are my staple liquids therefore the sugar that I eat equals out to the sugars that I don't drink. Drinking 2-3 glasses of water per day are less than the 6-8 glasses recommended however I do make a conscious effort to drink more on the days that I work out. I do not take in enough calories, as I burn on average 800calories and eat on any given day from 1200-1800.

The meat and beans intake was at 3. 5 oz which I do not eat meat much so this is not a surprise it's suppose to be 6oz intake. With the Vegetables this is an easy one I love any kind of vegetable and was short these 3 days I had 1 cups intake when it says I should do 3 cups. Fruit intake was 0 cup when it says 2 cups recommended. Grains intake was 3. 5oz recommendation is 7oz. All in all I would say I need to work on something's but I am proud to say I will be working on changing my lifestyle. I have made a conscious effort to start a meal plan in conjunction with a 60 day workout called insanity.

I have done this before and the results have been outstanding. I was at the peak of physical condition as well as health. With eating correctly my mind was clear and vivid. My memory was better and I had no feelings of sluggishness or feisty behavior. Joining this meal plan will help me jump-start my metabolism by keeping me on a strict guideline on times to eat (since this seems to be a problem with me), portions- since I don't eat enough and balanced diet as it has proven as of now I am eating more protien and carbohydrates than anything else.

Some of the ways I can work on these things is make sure I eat more in all the areas of the pyramid, with the grains I will eat more pastas, whole grain breads, crackers and just anything that has grain in it. Also more vegetables. this is easy because I do love them but

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Diet Analysis Gordon M. Wardlaw, Paul M. Insel, 1992 **Nutrition Research: Concepts and Applications** Karen Eich Drummond, Alison Reyes, L. Suzanne Goodell, Natalie K. Cooke, Virginia C. Stage, 2022-05-23

Nutrition Research Concepts and Applications Second Edition assists students in developing the skills necessary to become knowledgeable consumers of research conduct and document research projects and using research findings in the classroom and in supervised practice The Second Edition makes research articles approachable and understandable so students can feel confident reading and interpreting not just primary research but also narrative and systematic reviews In turn this text also helps students understand and access practice guidelines to enable their participation in evidence based nutrition and dietetics practice Nutrition Research Second Edition provides numerous examples of concepts ample practice opportunities using questions tied to actual studies and occasions for step by step mastery of concepts This valuable text starts with the basics and is comprehensive in its approach making it ideal for undergraduate students as well as graduate students

Review of the Hanford Thyroid Disease Study Draft Final Report National Academy of Sciences, Commission on Life Sciences, Board on Radiation Effects Research, Committee on an Assessment of Centers for Disease Control and Prevention Radiation Studies from DOE Contractor Sites: Subcommittee to Review the Hanford Thyroid Disease Study Final Results and Report, 2000-02-01

In 1986 officials of the US Department of Energy revealed that the Hanford Atomic Products Operations in Richland Washington had been releasing radioactive material in particular iodine 131 into the environment over a period of years This information which confirmed the suspicions of some people in the Pacific Northwest about what they called the Hanford Reservation or just Hanford created quite a stir Both the US Congress and citizens of the Northwest became keenly interested in knowing whether these radiation releases had caused human health effects They were particularly concerned about whether Hanford releases of iodine 131 had led to an increase in thyroid disease among the population of the area In 1988 Congress ordered a study of the human health effects of exposure to the iodine 131 released from Hanford Funded by the Centers for Disease Control and Prevention CDC the study was carried out by the Seattle based Fred Hutchinson Cancer Research Center over the last decade The study examined estimate of exposure of the thyroid and rates of thyroid disease because iodine 131 concentrates in the thyroid and that organ would be the best indicator of radiation damage in the population The Centers for Disease Control and Prevention CDC asked the National Academy of Sciences National Research Council NAS NRC to give an independent appraisal of the study methodology results and interpretation and of the communication of the study results to the public Review of the Hanford Thyroid Disease Study Draft Final Report constitutes the response of the NRC subcommittee to that request To respond to the charge the NRC subcommittee felt that it needed to go beyond the specific questions addressed to it by CDC and develop a broad understanding and critique of the HTDS and the Draft Final Report As part of those activities the subcommittee solicited comments from outside experts and members of

the public primarily in a public meeting held in Spokane Washington in June 1999 where 14 scientists and members of the public made formal presentations to the subcommittee about various aspects of the Draft Final Report Other members of the public also spoke during four open comment sessions at the meeting In addition efforts were made to evaluate all information materials prepared for the public and additional CDC communication plans Information was gathered through interviews with journalists members of concerned citizen groups in the Hanford region members of the CDC scientific and media staff in Atlanta and the HTDS investigators In this summary the main points follow the structure of our report and are presented under several headings epidemiologic and clinical methods and data collection dosimetry statistical analyses statistical power and interpretation of the study and communication of the study results to the public We then provide a brief synopsis of our response to the questions raised by CDC

FAO Food and Nutrition Paper ,1996 Nutrition Education for the Public Food and Agriculture Organization of the United Nations,1997-01-01 Papers from the FAO Expert Consultation on Nutrition Education for the Public 18 22 September 1995 For the report of this conference see FAO Food Nutrition Paper 59 ISBN 9251037973 Cumulated Index Medicus ,1988 **Nutritional Assessment of Athletes** Judy A. Driskell,Ira Wolinsky,2016-04-19 Nutritional assessment is a key to determining the health and performance efficiency of professional collegiate and recreational athletes Expanded to include new chapters the second edition of Nutritional Assessment of Athletes examines the dietary nutritional and physical needs of athletes and describes critical biochemical and clinical

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