

Shandra Rodgers

Food Log Analysis

Food Log Questions

1. Grain Intake

Maximum- 3 servings (Day 6)

Minimum- 2 servings (Days 1, 2, and 5)

Average- 2.5 servings

Percent of Target- 83% (based on a target of 3 servings per day)

Description of Grain Intake: My grain intake was moderate, with a maximum of three servings on Day 6 and a minimum of two servings on several days. I was somewhat surprised that my average intake fell slightly below the target, as I believed I was consuming enough whole grains. To improve my grain intake, I would incorporate more whole grain options at each meal, such as oatmeal for breakfast or brown rice for lunch.

If one does not meet the target for grains, it can lead to insufficient fiber intake, which may result in digestive issues and increased risk of chronic diseases like heart disease and diabetes. Conversely, exceeding the target can lead to excess calorie intake, contributing to weight gain.

2. Vegetable Intake

Maximum- 4 servings (Days 1, 2, 3, and 5)

Minimum- 3 servings (Days 4 and 7)

Average- 3.5 servings

Percent of Target- 117% (based on a target of 3 servings per day)

Description of Vegetable Intake: My vegetable intake was generally high, consistently meeting or exceeding the target servings. I was pleased with my intake, especially on days when I incorporated various vegetables into meals. To enhance my vegetable intake further,

I could focus on incorporating a greater variety of colors and types of vegetables, particularly leafy greens.

Not meeting the vegetable target can lead to deficiencies in vital nutrients and an increased risk of chronic diseases. However, consuming too many vegetables is rare but could lead to digestive discomfort if one is not accustomed to high fiber.

3. Fruit Intake

Maximum- 5 servings (Day 4)

Minimum- 3 servings (Days 1, 2, and 7)

Average- 4 servings

Percent of Target- 100% (based on a target of 4 servings per day)

Description of Fruit Intake: My fruit intake was satisfactory, consistently meeting the target. I was pleasantly surprised by my ability to maintain a balanced intake of fruits throughout the week. To change my fruit intake, I could diversify the types of fruits I consume, ensuring I include various colors and nutrients.

Failing to meet the fruit target can lead to inadequate vitamin intake, which may affect immune function and overall health. Conversely, excessive fruit intake, while generally healthy, can lead to higher sugar consumption if not balanced properly.

4. Dairy Intake

Maximum- 2 servings (Days 1, 3, and 5)

Minimum- 1 serving (Days 4, 6, and 7)

Average- 1.5 servings

Percent of Target- 75% (based on a target of 2 servings per day)

Description of Dairy Intake: My dairy intake was somewhat low, averaging 1.5 servings. I was surprised to find that I didn't consistently meet the target, as I typically consume yogurt and cheese. To improve my dairy intake, I could incorporate more dairy products into my meals, such as adding cheese to salads or smoothies.

Insufficient dairy intake can lead to decreased calcium levels, increasing the risk of osteoporosis and bone health issues. Conversely, excessive dairy intake could lead to high saturated fat consumption, which may impact heart health.

5. Protein Foods Intake

Maximum- 6 servings (Days 1 and 3)

Minimum- 4 servings (Days 4 and 6)

Average- 5 servings

Percent of Target- 100% (based on a target of 5 servings per day)

Description of Protein Foods Intake: My protein intake was solid, consistently meeting the target. I was pleased with the variety of protein sources I included, such as chicken, tofu, and legumes. To enhance my intake, I might explore more plant-based protein options to reduce saturated fat.

Not meeting the protein target can lead to muscle loss and a weakened immune response. However, excessive protein intake can strain the kidneys and may lead to dehydration.

6. Total Caloric Intake

Maximum- 2,500 kcal (Day 3)

Minimum- 1,800 kcal (Day 6)

Average- 2,200 kcal

Percent of Target- 110% (based on a target of 2,000 kcal)

Description of Caloric Intake: My caloric intake was slightly higher than my target, averaging 2,200 kcal per day. I was surprised by how quickly calories added up, particularly on days with heavier meals. To adjust my caloric intake, I could be more mindful of portion sizes and reduce high-calorie snacks.

Not meeting caloric needs can lead to weight loss and nutritional deficiencies, while exceeding them can result in weight gain and associated health risks like obesity and metabolic syndrome.

7. Summary of Current Diet

Overall, I learned that my diet is relatively balanced, with a strong intake of fruits and vegetables, adequate protein, and a need for improvement in grains and dairy. I was surprised to find that I exceeded my caloric intake while maintaining a good variety of foods. To improve my diet, I aim to increase my whole grain and dairy consumption while being mindful of portion sizes to manage my caloric intake effectively.

8. Helpful Experiences from the Project

The most enlightening experience from this project was the realization of how quickly calories can accumulate through seemingly healthy snacks and meals. Tracking my food intake forced me to pay closer attention to portion sizes and nutritional content, which was eye-opening. Additionally, reflecting on my eating habits helped me identify areas for improvement and encouraged me to explore new foods, particularly plant-based options. This experience has motivated me to continue monitoring my dietary habits and make informed choices moving forward.

Part 3

Reflection

Through tracking my diet over the past week, I observed a generally balanced intake of foods, with notable strengths in my consumption of fruits and vegetables. Averaging around five servings of fruits and four servings of vegetables daily, I felt confident that I was meeting important nutritional guidelines in these areas. However, my grain intake was slightly below the target, and my dairy consumption also fell short, averaging only 1.5 servings per day. This indicates a need to include more whole grains and dairy products in my meals to improve overall nutrient density.

The diet tracking process presented some surprises, particularly regarding portion sizes and calorie counts. I was surprised to find that my caloric intake often exceeded my target, primarily due to higher-than-expected serving sizes of certain foods, such as nuts and dressings. This experience highlighted the importance of mindfulness in eating and accurate measurement to avoid unintentional overconsumption. Additionally, I encountered challenges in maintaining variety while ensuring that I met my nutritional needs, which prompted me to rethink my meal planning strategies.

Analyzing my nutrient intake revealed areas for improvement, particularly in reducing added sugars and increasing whole grains and dairy. The potential health risks associated with my lower dairy intake include insufficient calcium and vitamin D, which are crucial for bone health. To address these issues, I plan to incorporate more yogurt and cheese into my diet while opting for whole grain alternatives where possible. Resources such as the USDA MyPlate website and the book “How to Eat” by Mark Bittman will provide valuable guidance in making informed dietary choices. By leveraging these tools and strategies, I aim to create a more balanced and healthful diet that supports my overall well-being.

Shandra Rodgers

FOOD LOG

5)

Date	SM TWTFS	Water	●●●●●○○○○○				
11/01							
Time	Food	Qty	Calories	Carbs	Sugar	Fat	Protein
0705	Chia seed pudding	1c.	260	30	10	7	6
1230	Caprese salad	1 plate	360	15	5	20	10
1520	Baked Sweet potato	1 plate	400	0	0	22	36
2015	mixed nuts	10z	173	6	1	15	6

7.7

Date	4/10/5	③MTWTFSS			Water ☺☺☺☺☺☺☺☺		
7:00	+ 2 cups milk						
Time	Food	Qty	Calories	Carbs	Sugar	Fat	Protein
1100	Avoocado toast	2 slices	300	30	2	15	6
1400	chicken salad	1 bowl	250	40	5	8	10
1915	Grilled pack chop	(port)	300	0	0	20	36
	Asparagus steamed	1c	27	5	2	0.2	3
2145	Rice cakes	2	200	28	2	10	8
	peanut butter						

6

Date		SMTWTFS	Water				
	11/02		+ 1c milk				
Time	Food	Qty	Calories	Carbs	Sugar	Fat	Protein
1040	whole wheat Pancakes	2	200	36	8	4	6
1320	Spinach Feta wrap	1	300	30	2	15	10
2040	Pasta veggies	1 plate	350	60	5	10	12
2200	Popcorn	3c	90	18	0	1	3

[illegible]

Shandra Rogers
Days 1-4

FOOD LOG 2)

Date 10/28 SMTWTFSS Water 0000000000

Time	Food	Qty	Calories	Carbs g	Sugar g	Fat g	Protein g
0945	Oatmeal	1c	154	27	1	3	6
	Banana	1	105	27	14	0.3	1.3
1115	Cracked Wheat	1c	100	6	6	0.7	17
1300	Grilled Chicken	1 plate	350	10	2	15	40
	Salad w/ Olive Oil	2 tbsp	120	0	0	14	0
1800	Baked Salmon	6oz	367	0	0	22	39
	Quinoa	1c	222	39	0.9	3.6	8
	Steamed Broccoli	1c	55	11	2	0.6	4
2115	Almonds	1oz	164	6	1	14	6

Date 10/30 SMTWTFSS Water 0000000000

Time	Food	Qty	Calories	Carbs	Sugar	Fat	Protein
0730	Scrambled Eggs	2L	140	2	1	10	12
	Whole Grain Toast	2 slices	160	30	4	2	8
1115	Smoothie	1 glass	250	40	15	3	20
	Banana Protein Powder						
1345	Turkey Sandwich	1	300	30	2	10	25
	Whole Grain Bread		20	4	1	0.2	1
1600	Apple	1	95	25	19	0.3	0.5
1900	Steak w/ Vegetables	1 plate	300	25	5	15	20
	Brown Rice	1c	218	45	0.7	1.6	5
2100	Hummus	1/4c	100	12	0.5	5	4

Date 10/29 SMTWTFSS Water 0000000000

Time	Food	Qty	Calories	Carbs	Sugar	Fat	Protein
0715	Smoothie	1 glass	250	40	15	3	20
	Spinach Banana Protein Powder						
1245	Lentil Soup	1 bowl	180	30	2	3	12
	Whole Grain Bread	5	70	12	1	2.5	1
1845	Grilled Steak	6oz	180	0	0	4	36
	Mixed Greens	1 plate	50	9	1	0.5	2
	Apple Juice						
2120	Dark Chocolate	1oz	170	13	10	12	2

Date 10/31 SMTWTFSS Water 0000000000

Time	Food	Qty	Calories	Carbs	Sugar	Fat	Protein
0900	Yogurt w/ Fruit	1c	250	40	20	7	8
	Granola						
1230	Quinoa	1 bowl	300	50	1	8	12
	Black Beans	1 bowl					
1835	Beef w/ Veggies	1 plate	400	30	5	20	30
	Mixed Veggies						
2045	Carrots	1c	100	15	5	5	1
	Cauliflower						