

Diet Analysis Project

Tracking calories and nutrients that you consume on a daily basis is a very good way to determine strength and problem areas in our everyday diet. I tracked my calorie and nutrient intake for three days and I was surprised with the results. During these three days, I ate on average approximately 2,005 calories per day. If I continue my daily intake as is, I will end up gaining weight. My energy output over these past three days has been 1,540 calories. I calculated this by taking my body weight in pounds (110lb) and multiplying it by 10 since I am female. This came out to 1,100. Then I took that value (1,100) and multiplied it by 0.4, since I exercise moderately. This calculation came out to 440. I added 440 to my value of 1,100 to get my total energy output of 1,540 calories. Since my output (1,540 calories) is lower than my input (2,005 calories) I should gain weight.

A high percentage of what I ate contained carbohydrates. Carbohydrates are organic macronutrients and they are a very good source of energy as they are energy yielding and the body's preferred energy source. Since they are the body's preferred energy source, if we eat enough of them our body will burn them for energy as apposed to protein because carbohydrates have a protein-sparing effect. Each gram consumed of carbohydrates equals 4 calories in our diet. They are very necessary for brain function and they provide sweetness and fiber to us, as well. They are found in plant products and there are two types: simple carbohydrates and complex carbohydrates. It is recommended that 45% to 65% of calories we consume should come from carbs. I received carbohydrates in 55% of my calories, which fits the range of recommendation. I can always improve my intake of carbohydrates by eating the same amount, but receiving them from healthier sources like fruits and vegetables.

Term Paper On Diet Analysis

JE Gale



Term Paper On Diet Analysis:

Term Paper On Diet Analysis Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Term Paper On Diet Analysis**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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