**NUTR 150: W07 Assignment – Dietary Analysis Reflection**

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During this unit, you have learned to record and evaluate dietary intake, specifically looking at your own individual intake. In this assignment, you will have the opportunity to reflect on these experiences, what you have learned, and what changes you may want to make in the future.

**Reflection**

**Reflection**.

* Review your dietary intake and analysis from the W06 Assignment. Reflect on your experience in completing that assignment. Think about what went well, what was difficult, and what you would do differently if doing the assignment again.
* Then answer **three (3)** of the following four (4) reflection questions below. Each question has five bullet points to respond to as part of your reflection. The reflection should be in the form of a paragraph essay not one sentence responses.

**Grammar and Spelling** *(3 points)*.Correct spelling, grammar, and punctuation is a requirement for NUTR 150 assignments. Please spell/grammar check your reflection answers and then re-read your responses to make sure you catch and correct errors. (Note: Microsoft Word does highlight some of your spelling and grammar errors. Make sure you click on those highlighted errors and correct them).

**Choose 3 of the 4 reflection questions to answer, each question has five bullet points to respond to as part of your reflection.** *(12 points total)*:

1. **Level of Hunger** *(4 points)*.

* In **1-2 paragraphs**, discuss how your level of hunger before you ate influenced the types of foods you selected to eat.
* Give at least **two (2)** specific examples from your dietary intake record to support your main thoughts.
* Reflect on how you can apply your insights of how hunger influences your food selections to achieve healthy eating patterns.
* Describe at least **one (1)** change you would like to make in your eating patterns to minimize influences of hunger.
* List at least **one (1)** barrier that you might face in making this change.

*The level of hunger I felt before I ate was either super hungry or not that hungry. The really hungry feeling always came to me as a surprise. During day 1, I remember looking down at the paper I used for tracking and realizing I hadn’t eaten for a long time and filled my body with a calorie dense food with no nutritional content like Pop tarts at the middle of my day. During day 2, I remember thinking that I would have to track it on paper and I should make a better choice, but the stress behind that decision only made me want it more. Looking back on it today and noticing the trend on other non-tracked days, I have realized its how I deal with the stress of completing school and helping my son out with his school at the same time. It has become a time to relax, and refocus. I would like to change that in order to work through my stress instead of supplementing it or compounding it. I know what healthy eating looks like and did have great habits before the awkward stay-at-home order. If I can place an actual meal in the spot of the Pop tarts on both days, I feel that surprise super hungry feeling will dissipate. However, I feel I might face the problem of creating that meal, and actually wanting to eat it. I worry that making a change during that time will add to my stress instead of becoming a simple change.*

1. **Peers/Location** *(4 points)*.

* In **1-2 paragraphs**, discuss how others around you and/or the location influenced what you ate.
* Give at least **two (2)** specific examples from your dietary intake record to support your main thoughts.
* Reflect on how you can apply your insights of how peer/location influences your food selections to improve your eating choices.
* Describe at least **one (1)** change you would like to make in your eating patterns to minimize peer/location influences.
* List at least **one (1)** barrier that you might face in making this change.

*Type reflection paragraph here . . .*

1. **Surprised You** *(4 points)*.

* In **1-2 paragraphs**, what surprised you about your dietary analysis? Are you doing as well or worse than you thought?
* Give at least **two (2)** specific examples from your dietary intake record to support your main thoughts.
* Reflect on how you can apply your new insights to improve/maintain healthy eating patterns.
* Describe at least **one (1)** change you would like to make in your eating patterns.
* List at least **one (1)** barrier that you might face in making this change.

*I was highly surprised by the Macronutrient percentages being met. I tracked my food intake for months before the quarantine, and really assumed the worst. In my mind, I had pizza, pop tarts, and very little veggies which means to me I’m doing terribly on my nutrition. My percentages were all met for each Protein, Carbohydrate, and Fat. I was also surprised by the fruit and grain recommendations in the MyPlate being above the recommendation, while my dairy and vegetables were below. My day 1 intake of vegetables was rather low, and my day 2 intake of dairy was also rather low. I can see that I need to balance things out.*

*As for a how to make a change in this, I think I should work on raising my veggies and dairy daily, and work on keeping the other three at or above the recommendation. That should be an easy fix, especially with my change for the middle of the day. I could add in cheese and cucumbers to that meal, both of which I really enjoy eating. I think a problem I might face is an accidental lowering of grains because I’m not eating pizza daily. I will have to watch out for that.*

1. **Weekday vs Weekend** *(4 points)*.

* In **1-2 paragraphs**, what differences did you observe between your weekday and weekend eating?
* Give at least **two (2)** specific examples from your dietary intake record to support your main thoughts.
* Reflect on how you can apply your insights to improve/maintain healthy eating throughout the week.
* Describe at least **one (1)** change you would like to make in your eating patterns.
* List at least **one (1)** barrier that you might face in making this change.

*Since most days are generally the same at the moment, I figured I would look at nighttime snacking versus daytime eating. I noticed a trend where by the end of the day I would get “munchy” so to speak. During the day, I’m occupied and either forget to eat like both day intakes during the afternoon, or grab something quickly because I want to get back to what I was doing like the Cliff bar/apple on Day 1. Because of this, I’m rather hungry at and after dinner, like the snack at 9pm after the dinner at 8pm on Day 1 or the same behavior on day 2. With how sparsely I ate through the day, its not a surprise really. What is surprising is that my energy levels throughout the day were overall decent. The one time I did get to my “eat food now, you need something substantial” feeling was when I ate the Cliff Bar on day 1. I had worked out during the day, and had been generally active throughout the day. It was strange though, that feeling passed rather quickly and went straight into not wanting to eat and being disgusted with food.*

*Which means to me, my body needs more nutrient dense food. In fact, the dietary analysis agrees in that I was low on things like vegetables that are nutrient dense. In order to aid the nighttime “munchies”, I would like to change the daytime eating trends by including more nutrient dense food throughout the day. This would mean smaller portions, but more times I actually eat food. The hard part I think I might face is the feeling of not wanting to eat during the day. The medicine I’m on has a side effect of lack of appetite, which affects me in some ways. This means by the end of the day, I’m hungrier because the meds have worn off and I haven’t eaten during the day.*

**W07 Bonus Code Word Submission *(Optional)***

After attending the “Weekly Instructor Review” or watching the recording, complete this section to earn 2 bonus points.

* Complete this on your own without help from another person.
* Please be sure to spell and enter the code word exactly as it was given to receive credit.

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| **W07:** Type in the bonus code word: | | | | |
|  |  | Triglyceride |  |  |
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