
Assignment #2
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As I reviewed and compared the Canadian Food guide to my food choices for forty-eight hours, it was evident that there were many aspects of my diet I should alter to live a healthy lifestyle. The Canadian Food Guide recommends that people's diets should consist of $\frac{1}{2}$ vegetables/fruits, $\frac{1}{4}$ protein food, and $\frac{1}{4}$ whole grain foods, as well as sticking to water over sugary drinks. On Friday, January 17th, I had one oat yogurt granola bar for breakfast which falls into the grain category; however this snack contains many added and unnecessary sugars that are unhealthy for one's diet. While a small granola bar has fewer calories, it was not the best food choice in the eyes of the CFG. As for my lunch, I had grilled chicken as a healthier alternative in my wrap. It consisted of a whole wheat tortilla and romaine lettuce which are both categorized in the grain and vegetable sections of the CFG. With that meal I had iced tea which has no nutritional value containing lots of sugar. For dinner I had a bowl of chocolate cheerios with skim milk. While the skim milk is beneficial for calcium and protein, chocolate cheerios are not advised as a healthy meal. I then had two glasses of wine that night, which evidently is not a healthy choice. On Saturday, January 18th, I started my morning with more chocolate cheerios and a steeped tea with milk. According to the food guide, once again my choices were not nutritious and didn't follow the specific guidelines. At 2:00pm, I had Stoned Wheat Crackers and cheddar cheese. While the crackers contain grains and oats, they are very high in sodium, as for the cheddar cheese, it is dense in calories and fat. For dinner, I had Catelli Smart spaghetti with tomato sauce. Pasta is very high in carbs and has little nutritional value and the tomato sauce had no form of protein in it, meaning that meal lacked in nutrition overall. Once again, I finished the night with sugary beverages which are frowned upon on the CFG. Overlooking those two days, a goal I would like to make would be to eat more protein and drink more water as I lacked those two items in my documented days; that being said, many of my choices lacked in nutritional value and that is something I would like to change.