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### **Food Guide Analysis**

#### **Thursday:**

The main component of my breakfast was 2 yogurts. This yogurt was filled with lots of protein, but the yogurt had lots of sugars and fats, which the CFG recommends to have little amounts of. As of that, the cup of coffee that I had as well had about ½ a tablespoon of sugar, meaning that I had quite a large amount of sugar to start off my day, instead of a large amount of protein, which would have kept me much fuller for much longer, according to the CFG.

A snack that I had brought with me to school was a homemade spanakopita. The spanakopita was mainly composed of spinach and had a bit of feta as well. The spinach made up a portion of my daily fruit and vegetable intake, but was not enough to meet the recommended requirement provided by CFG, as well as the cheese brought my protein consumption up. This meal I had eaten while doing work, which went against the CFG which recommends to limit distractions while eating as to enjoy your food to the fullest.

For lunch, I had a bowl of spaghetti with homemade meat sauce. The spaghetti made up the grain portion of my meal, but was not the best option as it was made with refined white flour, which doesn't have a lot of nutritional value, when I should have gone with whole grain pasta like the CFG recommends. The meat sauce was made from scratch, meaning that it had no artificial preservatives in it, and was a good source of protein for my meal. My choice of water to go along with the meal was water, which was the main recommendation from the CFG. This meal I had eaten with my boyfriend, which introduced the CFG recommendation of eating meals with others.

For dinner, I had gone out to a pub downtown called "The Monkey Tree Pub" with some friends for wing night. This goes with the food guide as it recommends to eat meals with others. I had a plate of wings that were covered in a salt and pepper dry rub. Although I am getting a good portion of protein in this meal, the main problem with this is that the sodium content is extremely high. Judging by how much salt was visible on the chicken, the sodium had to be about half of my recommended intake in a single day. The drink that I had alongside with was an alcoholic drink, which was full of carbs and sugar, which the CFG wants you to stay away from more often.

My main goal for the future is to increase my fruit and vegetable intake. Looking back on my intake during the day, I ate very little fruits and veggies and lots of protein and grains, meaning I didn't have the equal balance that the CFG recommends. Another goal would be that I would want to drink water with every meal instead of alcohol or coffee in order to take in enough water in the day.