

EPHE 155: Assignment #3

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May 31, 2021

The diet I had before I attempted this challenge was a ‘western diet’, which includes high

consumption of meats and sugar. The change I introduced in my diet was a smoothie everyday for breakfast and drinking more water than usual. My goal is to have one glass of smoothie everyday until the end of this year, and I will drink 8-10 glasses of water everyday to meet the daily recommended intake of 3.4 L. I will measure my goal by keeping a track of how many glasses of water I have had in a day on my phone to track my water intake, and I will also track my daily intake of a smoothie. This was an idea I had for a long time to switch my everyday breakfast from toast and eggs to a superfood smoothie, and this assignment gave me the necessary motivation to do so. The introduction of a smoothie in my diet changed my health significantly. My bowel movements were regular and I experienced no fatigue throughout the day. I was able to complete the challenge and developed a liking towards the change because I have developed a taste for the smoothies I make, and the positive health impacts this change promotes. The smoothie I make has blueberries, strawberries, bananas, spinach, walnuts, almonds, 2% milk and flax seeds. I hope to keep this change for as long as I can, and develop a habit of making a smoothie every morning. The increase in my water consumption combined with the smoothie, I feel has helped in improving my skin too. I have also noticed that I wake up fresher than what I used to earlier. Changes that need to be made to improve my diet include drinking more water from my usual 1-1.5 L to 3.2 L (Popkin, D'Anci, Rosenberg, 2010). Adequate water intake leads to better physical, and cognitive performance, prevents dehydration, improves gastrointestinal function, and improves the heart function to prevent diseases and illnesses (Popkin, D'Anci, Rosenberg, 2010). I need to limit or decrease my bacon intake as it increases cholesterol in our body and can cause the arteries to be blocked due to a plaque formation leading to heart attack or a stroke (Hu, Stampfer, Manson, Ascherio, Colditz, Sperizer, & Willett, 1999). Another change that I could impose on my diet includes limiting my rice intake

as it is easy to cook so I have it almost every day. Rice increases the risk of getting cardiovascular diseases and Type 2 Diabetes which are both the leading cause of mortality (Izadi & Azadbakht, 2015). Implications of consuming a western diet include increased chronic disease incidence such as diabetes or coronary artery disease, which is due to increased intake of alcohol, sugar, junk food, and oil in diet (Cordian, Eaton, Sebastian, Mann, Lindeberg, Watkins, & Brand-Miller, 2005).

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