
Introduction to Nutrition: Concepts & Controversies Assignment #2 - Dietary Analysis

Sunday, September 8

For breakfast, I had a cup of coffee with milk and sugar and some Activia vanilla yogurt. This meal included protein from dairy in the milk and yogurt but included no fruit and vegetables or grains. I had this meal by myself and while I was on my phone, as opposed to with friends. I also drank some coffee during this meal but since I only have one cup every few days it is in moderation.

For lunch, I had a wrap on a whole grain tortilla with a few slices of turkey breast, and plenty of vegetables. I ate this meal with my roommates. This meal mostly kept with what the CFG suggests, other than the processed ranch dressing used.

As a snack, I had some cucumber which was grown in my family garden at home. Since this was just a snack, I don't think it has to include all aspects of the CFG.

For my dinner, I had lots of white rice with sauce, a full chicken breast, and vegetables. I should have had the main part of the meal be vegetables and had some rice mixed in as opposed the other way around. I ate this meal with my roommates away from technology.

As another snack before bed, I had a mandarin orange which I had with my roommates while watching a movie. Once again, I do not believe that this snack required all food groups.

I did not measure the amount of water intake per meal as I use one water bottle which I refill throughout the day when necessary. I always have it with meals and rarely drink any sugary drinks.

In the future, I hope to base more of my meals around vegetables instead of building them around the protein or grains.