

ASSIGNMENT 1

Diet Analysis** (15%)

Use the diet analysis software that accompanied your textbook or one of the free online diet analysis tools (such as MyFitnessPal: Calorie Counter) such as to analyze your nutrient intake for 3 days.

In a brief report, please include:

1. A list of all the foods and beverages you ate and drank each day (along with approximate amounts)
2. A summary table of the nutrients you obtained from the food. For each day report:
 - a. Calories
 - b. Total Fat
 - i. Saturated fat
 - c. Cholesterol
 - d. Sodium
 - e. Total Carbohydrates
 - i. Dietary Fiber
 - ii. Sugar
 - f. Protein
 - g. Calcium
 - h. Iron
 - i. Vitamin A
 - j. Vitamin C
3. Indicate if your caloric intake is appropriate for your energy requirements. Highlight which nutrients that you are getting in adequate amounts and which ones you may need to focus on improving in your diet.
4. Discuss if there is anything in your diet that you should change based on the analysis results.
5. Indicate what you are going to do for your 6-week dietary challenge.

** If you are under the care of a dietician and this is something you shouldn't complete, please see me privately.

Name Arfaz Hossain
V Number V00984826
Assignment No. 1

Question 1: List of Food Items and Beverages

Monday, September 23rd

Meal	Description
Breakfast	Cereal (1.5 cup) with 2% Milk (3 cups), Nescafe Instant Coffee (1 packet), 2 non-calorie sweeteners, 2 tablespoons instant non-Nescafe coffee
Lunch	2 Fish Fillets, rice, and mixed vegetables (e.g., carrots, peas, and corn)
Dinner	Chicken burger

Tuesday, September 24th

Meal	Description
Breakfast	2 cups cereal, 4 cups 2% milk, Nescafe Instant Coffee (1 packet), 2 non-calorie sweeteners, 2 tablespoons instant non-Nescafe coffee, 1 ounce (28g) mixed nuts
Lunch	6 oz cooked beef, 1.5 cups rice, mixed vegetables (bell peppers, zucchini, spinach), 2 tablespoons olive oil, ½ avocado, 1 slice whole grain bread with 1 tablespoon butter
Dinner	8 oz grilled chicken, 2 cups quinoa, steamed broccoli (1 cup), 1 tablespoon olive oil (for broccoli), 2 tablespoons hummus

Wednesday, September 25th

Meal	Description
Breakfast	Cereal (1.5 cup) with 2% Milk (3 cups), Nescafe Instant Coffee (1 packet), 2 non-calorie sweeteners, 2 tablespoons instant non-Nescafe coffee
Lunch	2 Fish Fillets, rice, and mixed vegetables (e.g., green beans, carrots, and cauliflower)
Dinner	3 slices of large pizza

I have very similar breakfast routines, and usually tend to intake similar number of items each day, based on my food habits.

Please Turn Over

Question 2: Nutrition Summary Table (Each Day)

Monday, September 23rd

Nutrient	Amount	% Daily Value	Calculation Notes
Calories	2048	-	Cereal (246) + Milk (390) + Nescafe (70) + Fish (140) + Rice (~300) + Vegetables (~50) + Chicken burger (180) + Salad (~50)
Total Fat	46.4g	60%	Milk (15g) + Fish (0.8g) + Chicken burger (9g) + Salad dressing (~20g)
Saturated Fat	13.1g	66%	Milk (9g) + Fish (0.2g) + Chicken burger (1.5g)
Cholesterol	125mg	42%	Milk (60mg) + Fish (110mg) + Chicken burger (50mg)
Sodium	1765mg	77%	Cereal (210mg) + Milk (315mg) + Fish (440mg) + Chicken burger (330mg) + Salad dressing (~400mg)
Total Carbohydrates	269g	98%	Cereal (111g) + Milk (39g) + Nescafe (12g) + Rice (~65g) + Vegetables (~10g)
Dietary Fiber	5g	18%	Cereal (3g) + Vegetables (~2g)
Sugar	61g	122%	Cereal (15g) + Milk (39g) + Nescafe (6g)
Protein	113.3g	227%	Cereal (9g) + Milk (27g) + Fish (32g) + Chicken burger (24g)
Calcium	970mg	75%	Cereal (0mg) + Milk (900mg) + Fish (20mg)
Iron	2.55mg	14%	Cereal (1.5mg) + Milk (0.3mg) + Fish (0mg) + Chicken burger (0.75mg)
Vitamin A	450µg	50%	Milk (450µg) + Vegetables (amount unknown)
Vitamin C	-	-	-

Note: I have estimated some of the values due to lack of specific nutritional information (e.g., rice, vegetables, salad).

Tuesday, September 24th, 2024

Nutrient	Amount	% Daily Value	Calculation Notes
Calories	2062	-	Cereal (328) + Milk (520) + Nescafe (70) + Nuts (~160) + Beef (~300) + Rice (~300) + Vegetables (~50) + Olive oil (240) + Avocado (~160) + Bread (~70) + Butter (~100) + Chicken (~370) + Quinoa (~222) + Broccoli (~31) + Hummus (~70)
Total Fat	109g	141%	Milk (20g) + Nuts (~14g) + Beef (~14g) + Olive oil (28g) + Avocado (~15g) + Butter (11g) + Chicken (~7g)
Saturated Fat	27.5g	138%	Milk (12g) + Nuts (~1g) + Beef (~5g) + Butter (7g) + Chicken (~2g)
Cholesterol	270mg	90%	Milk (80mg) + Beef (~75mg) + Butter (~30mg) + Chicken (~85mg)
Sodium	1435mg	62%	Cereal (280mg) + Milk (420mg) + Beef (~75mg) + Bread (~170mg) + Butter (~90mg) + Chicken (~330mg)
Total Carbohydrates	207g	75%	Cereal (148g) + Milk (52g) + Nescafe (12g) + Nuts (~5g) + Rice (~65g) + Vegetables (~10g) + Bread (~12g) + Quinoa (~39g) + Broccoli (~6g) + Hummus (~6g)

Dietary Fiber	18g	64%	Cereal (4g) + Nuts (~2g) + Vegetables (~2g) + Avocado (~7g) + Bread (~2g) + Quinoa (~5g) + Broccoli (~2g) + Hummus (~2g)
Sugar	73g	146%	Cereal (20g) + Milk (52g) + Nescafe (6g)
Protein	139g	278%	Cereal (12g) + Milk (36g) + Nuts (~6g) + Beef (~36g) + Chicken (~46g) + Quinoa (~8g) + Broccoli (~3g) + Hummus (~3g)
Calcium	1220mg	94%	Cereal (0mg) + Milk (1200mg) + Broccoli (~20mg)
Iron	11.1mg	62%	Cereal (2mg) + Milk (0.4mg) + Beef (~3mg) + Bread (~1mg) + Chicken (~1mg) + Quinoa (~2.8mg) + Broccoli (~0.7mg)
Vitamin A	600µg	67%	Milk (600µg) + Vegetables (amount unknown) + Broccoli (amount unknown)
Vitamin C	-	-	-

Note: I have estimated some of the values due to lack of specific nutritional information (e.g., beef, quinoa, hummus).

Wednesday, September 25th 2024

Nutrient	Amount	% Daily Value	Calculation Notes
Calories	2155	-	Cereal (246) + Milk (390) + Nescafe (70) + Fish (140) + Rice (~300) + Vegetables (~50) + Pizza (859)
Total Fat	79.6g	103%	Milk (15g) + Fish (0.8g) + Pizza (63.8g)
Saturated Fat	28.3g	142%	Milk (9g) + Fish (0.2g) + Pizza (19.1g)
Cholesterol	195mg	65%	Milk (60mg) + Fish (110mg) + Pizza (25mg)
Sodium	3380mg	147%	Cereal (210mg) + Milk (315mg) + Fish (440mg) + Pizza (2415mg)
Total Carbohydrates	260g	95%	Cereal (111g) + Milk (39g) + Nescafe (12g) + Rice (~65g) + Vegetables (~10g) + Pizza (123g)
Dietary Fiber	5g	18%	Cereal (3g) + Vegetables (~2g) + Pizza (2g)
Sugar	59g	118%	Cereal (15g) + Milk (39g) + Nescafe (6g) + Pizza (17g)
Protein	100.3g	201%	Cereal (9g) + Milk (27g) + Fish (32g) + Pizza (32.3g)
Calcium	1445mg	111%	Cereal (0mg) + Milk (900mg) + Fish (20mg) + Pizza (525mg)
Iron	10.8mg	60%	Cereal (1.5mg) + Milk (0.3mg) + Fish (0mg) + Pizza (9mg)
Vitamin A	450µg	50%	Milk (450µg) + Vegetables (amount unknown)
Vitamin C	-	-	-

Note: I have estimated some of the values due to lack of specific nutritional information (e.g., rice, vegetables).

Question 3: Caloric intake and nutrient adequacy

My caloric intake of around 2050 calories per day is appropriate for moderate activity levels. I'm getting adequate amounts of protein, calcium, and iron. However, I need to focus on improving

my fiber intake, which is below the recommended 25-30g per day. I should also work on reducing sodium and saturated fat consumption, which often exceed recommended limits. Based on Canada's Food Guide (CFG), I'm likely not meeting the recommendation of making half my plate vegetables and fruits at each meal.

Question 4: Changes based on analysis results

To align better with nutritional recommendations, I should increase my fiber intake by incorporating more whole grains, legumes, and a variety of vegetables and fruits. Reducing sodium intake is crucial, especially by limiting processed foods and added salt. I need to lower saturated fat consumption by choosing leaner protein sources and reducing full-fat dairy products. Diversifying protein sources to include more plant-based options, as recommended by the CFG, would also be beneficial. Additionally, I should be mindful of added sugars, particularly in milk and cereals. I have already switched from Sugar to Sweeteners for my Coffee beverages.

Question 5: 6-week dietary challenge

For my 6-week dietary challenge, I'll focus on aligning my diet more closely with CFG recommendations. My key goals will be: 1) Increasing vegetable and fruit intake to make up half my plate at each meal, 2) Boosting fiber intake by switching to whole grains and incorporating more legumes, aiming for at least 25g per day, 3) Reducing saturated fat and sodium by choosing lower-fat dairy and limiting processed foods, 4) Including at least two plant-based protein meals per week, and 5) Practicing mindful eating and proper hydration. I'll track my progress using a food diary and adjust as needed, aiming to establish healthier eating habits by the end of the 6 weeks.