# ASSIGNMENT 1

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| 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: 3. Calories 4. Total Fat 5. Saturated fat 6. Cholesterol 7. Sodium 8. Total Carbohydrates 9. Dietary Fiber 10. Sugar 11. Protein 12. Calcium 13. Iron 14. Vitamin A 15. Vitamin C 16. 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. 17. Discuss if there is anything in your diet that you should change based on the analysis results. 18. 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. |

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| **Assignment No.** | **1** |

**Question 1: List of Food Items and Beverages**

**Monday, September 23rd**

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| --- | --- |
| 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**

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| 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**

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| 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**

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| --- | --- | --- | --- |
| **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**

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| **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.