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Nutritional Analysis

Before completing the analysis, I thought I was a pretty healthy individual. I thought that because I run so much that I was “invincible” when it came to what I could eat. I never really thought that any food could affect me too much. I also thought that, by eating a mixture of both healthy and unhealthy things, I could “balance out” the bad stuff with the good stuff and still remain a healthy person. Basically, I thought that I ate the right amount of everything, with the exception of fats and sugar; I thought that I ate too much of those two things.

After completing the analysis, I realize that I definitely have some weaknesses in my diet. I eat a bit more carbohydrates than I need to. Depending on the amount of desserts I have in a day, I either have just the right amount of fat, or I have way too much. This surprised me because I thought that I might eat too much fat all of the time, even on a day when I don’t eat many desserts at all. Two of the three days, I ate less protein than I should have, which is not good since I am an athlete and protein is extremely important for muscle growth and restoration. I was either lower than or about equal to the amount of cholesterol that I need during the three days. I consume a bit more sodium than I need to. I never ate enough potassium, which surprised me because I eat a banana every day. I always have more than enough vitamin A, vitamin C, iron, and calcium. This is good and also surprising to me because I thought that I may not have enough iron or calcium, especially since I never drink milk at school. I ate either a little too much or a little too little fiber. I always eat too much sugar also. Something that I think needs to be considered is that I was not running as much as I do when we are in full-training mode during these three days. I also was not doing weights and I was eating the same way that I do when we are in full-training mode. Thus my real caloric allotment would normally be increased, as would the amount of fat, carbohydrates, etc. and I don’t think that I would have gone over in so many of the categories.

In order to decrease the amount of carbohydrates in my diet, I can eat half of a bagel for breakfast and substitute the other bagel half with some fresh fruit. I can decrease the amount of fat in my diet by cutting down on the amount of cookies and ice cream that I eat or, instead of eating dessert at both lunch and dinner, I can just choose one meal to have dessert with. I also think that I consume a lot of my fat in the morning with my breakfast, so I can cut out the French toast, waffles, and muffins that I eat in the morning. I can also try to avoid foods that have a lot of cheese in them; quite often, I will eat a quesadilla with my dinner. By cutting this out of my diet, I will be eating less fat. To cut down the amount of sodium that I consume, I can stop putting ketchup on my potatoes in the morning and also look specifically at the sodium content in the foods that I eat before I eat them and then decide whether or not I can afford to have the food item without having too much sodium. To increase the amount of protein in my diet, I can eat more meat at dinnertime, specifically chicken because it has less fat that red meat. Instead of eating just one banana a day, I can eat two to see if I can increase my amount of potassium. To decrease the amount of sugar I eat, I will do a similar thing that I do to decrease the amount of fat in my diet. I will eat dessert only at one meal a day, or maybe I will not even eat it at all. I will also try to decrease the amount sweet foods that I have at breakfast, such as French toast, pancakes, and muffins.

I am glad that I did this nutritional analysis because I have always sort of assumed things about my diet but now I can know for sure what I am eating. Also, because I am an athlete, diet is very important for performance. Making sure that I am consuming the right things will help me to not only feel better but to perform better as well.