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| **Friday 18th September 2015** | |
| **Breakfast** | 9.30 am: a glass of water. I drank a smoothie (banana, pear and strawberry) with cereals |
| **Break** | 10 am: I drank a coffee with milk  - Water |
| **Lunch** | 14 pm: I ate a chicken teriyaki with vegetables and rice. I just drank water. |
| **Break** | 16 pm: I drank a latte with a half of muffin.  - Water |
| **Dinner** | 21 pm: I drank a tea with 4 toasted with avocado and butter. |
| **Supper (extra)** | 22.30 pm: I drank a rum with coke. Then a red bull with vodka. Then, I ate an empanada (pie with meat, onion, raisins and olives).  - Water |

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| **Saturday 19th September 2015** | |
| **Breakfast** | 10.30 am: a glass of water. I drank a smoothie (banana, strawberry and kiwi) with cereals |
| **Break** | - Water  12.30 am: I drank a latte. |
| **Lunch** | 15 pm: I ate 2 hot dog with tomato, avocado, tomato sauce and mayonnaise. I drank 2 beer of 500 ml. |
| **Break** | 17 pm: I drank a terremoto (Chilean drink. It is white wine and pineapple ice-cream).  19 pm: I drank a latte with a half of muffin.  - Water |
| **Dinner** | 23 pm: I drank a tea with 2 toasted with honey and butter. |

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| **Monday 21st September 2015** | |
| **Breakfast** | 9 am: a glass of water. I drank a smoothie (banana, pear and strawberry) with cereals. Then, a coffee with milk. |
| **Break** | - Water  12 pm: a coffee with milk. |
| **Lunch** | 14 pm: I ate vegetables with a hash brown and orange juice. |
| **Break** | - Water  16 pm: I drank a latte  18 pm: a half of muffin with water.  20 pm: a latte with a cookie. |
| **Dinner** | 22 pm: 2 tacos (tortilla with avocado, meat and vegetables). I drank a cup of red wine and water.  - Water |

**Reflection:**

This experiment was on time with my national party. The days recorded for this experiment were a little difference above all the Saturday were I ate and drank more than habitual. However, I felt really good for being aware of how much food and drink intake in order to know and may be reduce my bad behaviors like drinking too much coffee or eating thinks do not nutritive for me.

The method used for recording this experience was a little tedious. Sometimes were very difficult to take a picture of my food or drink because I am not use to do this. But this method is useful to realize how much we eat and drink with a very cheap and easy process.

I think the accuracy of this method is almost 100%. The fact of having the picture of my food made me realize the dairy intake (visualization) of main food and drink and considering drinking more water instead of coffee or another drinks. I felt like a nutritionist but instead of going to an appointment, I did my own nutritional evaluation with this log based on photographing method.

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| How useful to use photos to create 24 hrs | How recording was done | If 1-month – most challenging aspects |
| Tedious | Text content  - day: breakfast, lunch, dinner | Taking pictures – reminder |
| Taking photos good short-term | Photos  - filename  - folders | Of meal pattern varies between days |
| Reminder before usual eating time | Spreadsheet  - create graphs | When there’s too much content (use an app designed for similar task, use folders to organize) |
| Week days and weekends tend to have different styles |  | See summary  - use detailed table (will help creating graphs) |
|  |  | Storage concerns on mobile device used to take pictures  - use app/cloud |
|  |  | Data loss  - cloud |
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