

28 days of what I ate

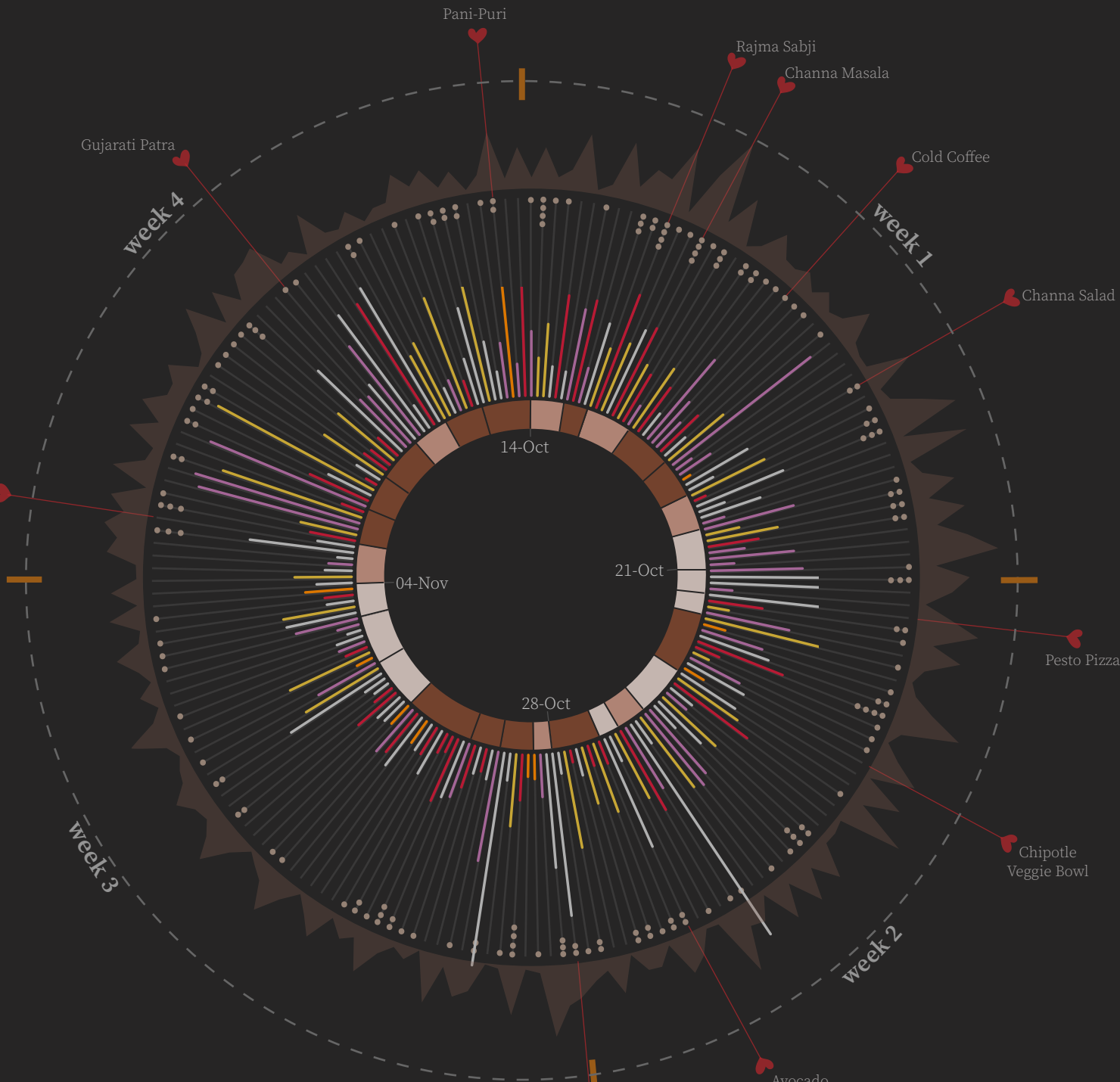
designing my dietary data

I love to cook and I spend a lot of time in the kitchen generally. I love to be economical while I cook, so I try to innovate meals according to what I have in my pantry.

So I decided to track my food habits over 28 days; from **14th of October to 11th of November**. I tracked each food item that I ate in a day in an order, along with other attributes like quantity, flavor and cook-time.

how to read it:

- ▶ Calories per food item
- ▶ Flavors
 - Bland
 - Salty
 - Sour
 - Spicy
 - Sweet
- ▶ Satisfaction level (day-wise)
 - 3
 - 2
 - 1
- ▶ Prep-time + Cook-time (minutes)
 - < 10
 - 10-20
 - 20-45
 - > 45
- ▶ Favorites
- ▶ No:of Ingredients

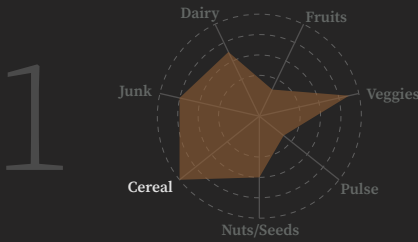


32.6% of my diet consists of **salty flavors**; most of which include cheese, savoury snacks (& junk!) and **raitas**.

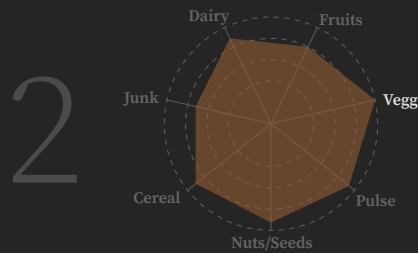
22.1% **sweetness** to balance all the flavors, and my go-to when I feel stressed or cranky.

20.4% **spiciness** in my food: I love the aroma of cinnamon, cloves, peppercorns and kashmiri red chilli powder in my meals.

my weekly food consumption :

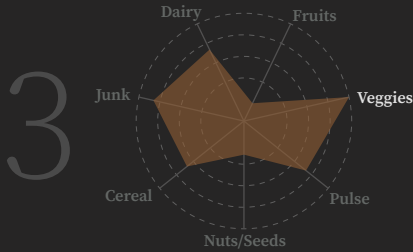


the week when...
I was low on groceries! Managed the week with junk food, milkshakes, and lots of rice!

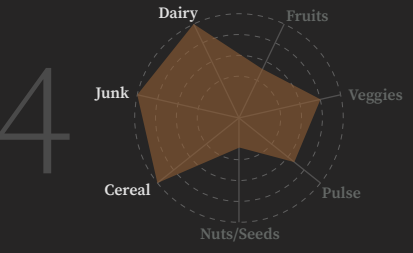


the week when...
I became conscious of tracking the foods that I was eating.

My food habits show how I started having more balanced and healthy meals; also because I got fresh groceries!



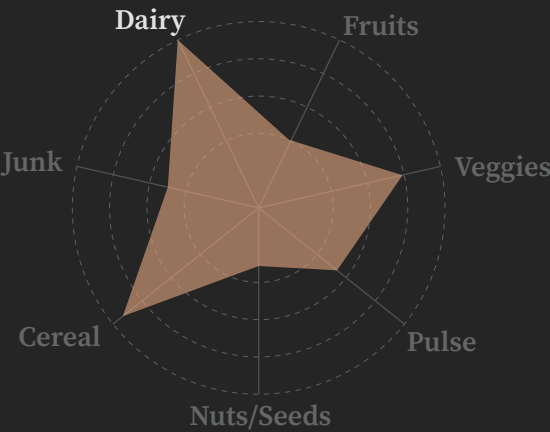
the week when...
I was feeling very stressed with assignments and deadlines. Majorly consumed frozen & processed foods + junk.



the week when...
I travelled to California to celebrate Diwali with my husband.

We indulged in a lot of outside food; all of which were high in calories!

to summarize:



- 21.8%** of my dairy consumption is ghee and string cheese.
- 46.5%** cooked
- 20%** raw veggies/ fruits
- 13.5%** processed
- 20%** frozen, baked, roasted and blended