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Diet Log in Review

After tracking, recording, and evaluating my diet over a three day period, it is obvious that there are glaring holes in my nutrition. When boiled down to a single day, this becomes even more obvious. When entering that single day into the MyPlate pdf, it is striking at the lack of certain food groups and nutrients that are needed for a healthy and balanced diet. First, the lack of any fruits and vegetables on the submitted day is the biggest deficiency in my diet. In fact, the only category of the five major ones that I did meet sufficient amounts of was the Grains category. This shows a lack of moderation and variety in my diet, that should be addressed to better balance my diet.

Unfortunately, for the Fruits category of my nutritional breakdown, I had to concede that I did not make the recommended amounts for a diet of my caloric size. While I do eat fruits occasionally, I did not eat any in the 3 day period of my diet which means that the selected day for this review also amounted to no fruit eaten.

Continuing with the Vegetable category proves to show no improvement to the Fruit category. Again, while I eat vegetables occasionally, I did not have many in this 3 day period and none to speak of in the day that is being evaluated. Both fruits and vegetables tend to be food categories that I need to increase, but due to my disease, they can be hard to properly prepare and digest. This is not to say that I should continue with my lack of both foods, but that I should plan better and try a wider variety of them to see which ones best suit me.

The next category is Grains and the only category in which I can say I meet the needs of my caloric diet. This food group includes foods such as a ciabatta roll, chicken dumplings, and macaroni and cheese. The roll and the macaroni carry a significant portion of the grains and because of the amounts eaten of both, I would attribute at least 10 ounces of grains in my diet.

Following up the Grains category is the Protein category, and while this category was also marked insufficient, it is much more complete than the Fruits and Vegetables categories. This category included an egg, 2 strips of bacon, chicken dumplings, and a half pound of pulled pork. This, I would say, gets very close to the prescribed 7 ounces of protein but not quite fulfilled. This is backed up by Cronometer displaying my protein intake being just at the lower level of protein that is needed for my diet.

The last of the five categories in the MyPlate pdf is the Dairy category, and much like the Protein category, I got close to reaching the prescribed amount but fell just short of it. This category included one slice of American cheese, 1 tablespoon of butter, and 1 cup of macaroni and cheese. Here, the prescribed amount is 3 cups of dairy, and I most likely came up a little short. If I were to add in a yogurt on this day, which is a typical snack for me, then I would have made the sufficient amount.

Finally, my sodium intake was high, and I was unable to stay under the prescribed 2300 mg limit for a day. Foods that proved to be high in sodium include, 2 slices of bacon, ½ pound of pulled pork, and the cup of macaroni and cheese. Throughout the period of monitoring my diet, I did not focus on the amount of sodium I was intaking and it resulted in an abundant amount of it in my diet. It would behoove me to monitor this and reduce this to stay under the recommended daily limit.

In total, it is evident that my diet was not very varied but was generally moderate, maybe even too much so. Starting with variety, the lack of fruits and vegetables is a glaring hole in my diet and leads to a lack of crucial macro and micronutrients in my diet alone. The caloric totals are made up of grains, proteins, and dairy, and out of those 3 categories only the grains category reached the recommended dose for the recorded day. This leads me to believe that maintaining the amount of grains, increasing protein intake, and fitting fruits and vegetables into my diet is the correct way forward. On this particular day, I roughly expended 2800 calories and only took in 1800 calories. This type of moderation is not what should be targeted for an individual trying to maintain weight and strength. At my activity level and body weight (moderate – high activity at 83kg), I should be aiming to take in 450g carbohydrates, 175g of protein, and 100g of fats (Callahan et al., 2022). Overall, the balance of my diet is off kilter and needs attention to maintain a healthy lifestyle.

**References**

Callahan, A., Leonard, H., & Powell, T. (2022a, August 7). Nutrient needs of athletes. Nutrition Science and Everyday Application. https://openoregon.pressbooks.pub/nutritionscience2e/chapter/10c-nutrient-needs-athletes/