

Assignment04

- 1) How often do you eat breakfast?
(meaning eating something within 1 – 2 hours of waking up)
2 – 3 times per week
- 2) As defined in the textbook, breakfast can be the first meal of the day, food eaten before your daily routine or what you eat within two hours of waking up.
- 3) The advantages of eating breakfast is that you're supplying your body with glucose for a big energy boost, nutrients, better concentration and strength in the long term. After not eating for 8 – 12 hours, your body depletes its glucose levels and the best time to replenish it is with breakfast after you wake up. The glucose intake also provides an energy boost which can be used in the morning, hence also having better concentration and strength because the body isn't feeling hungry anymore. If you're eating a good breakfast like whole-grain cereal, milk and citrus juice, it can provide 100% of Vitamin C, 33% of Calcium, Thiamine and Riboflavin and also provides Fibre, Iron, Folate and other nutrients for the day.
- 4) Not eating breakfast can bring the health consequences of being hungry – feeling hunger pangs, weak and lower concentration, more likely to gain weight, and lower health for the heart, digestion and bone.
- 5) The 3 main reasons people don't eat breakfast are “no time”, “nothing to eat” and “not hungry when woke up”. To break these barriers, you can prepare your breakfast the night before, not eat so much but just eat something and if you feel hungry a couple hours later you can eat a bit more that's more breakfast-orientated like a hard-boiled egg; and you can also not eat food that's not breakfast-orientated: food like left-over rice, yoghurt or fruit.
- 6) On Monday, Wednesday and Friday I have class early in the morning so I eat breakfast by having a bowl of cereal then have lunch at 12. The rest of the week, I do not eat breakfast, I instead wake up late/wait till 11, 12 and have a big lunch to cover for me missing breakfast.
 - a. The days I eat breakfast, I have cereal that has high-fibre grains and sometimes sugar and or fruit chunks, and milk. This covers fibre, protein and fat (from the milk and sugar I think).
The days I have brunch, it is my normal lunch but just more and it covers everything.
 - b. I do not think the way I am eating is healthy because on the days I have brunch, I am normally waiting an average of an hour and thirty minutes before eating; the days I am having breakfast I feel I am having too much sugar early in the morning.
- 7) I cannot change my breakfast habits for my time at Mercer here because I am limited in my food-plan and whilst I do go to Wal-Mart to pick up cereal and milk, 75% of the shelf are cereals with high sugar like Kellogg's, Cheerios, Cap'N Crunch, Frosties, and

the rest is costly and don't taste good. But when I go back to Scotland, I plan to have a blend of yoghurt, cereal and fruit every morning.

All about Fibre

1)

- a. The test was really limiting and I could only properly answer 3 according to the test – 6 and 7, thus I could not get a proper score. The rest I put down the answers I wanted to put down here.
 1. I only drink water with lunch or dinner.
 2. I don't eat snacks.
 3. I very rarely top my cereal with sugar.
 4. I don't top my waffles/pancakes/toast with syrup, but with jam or plain instead.
 5. I hardly eat ice-cream and when I do, I don't top the ice-cream with anything.
 6. I sometimes go for fruit as a dessert.
 7. I sometimes go for a big slice of pie/cake when I do eat cake, which is very rare.
 8. I do not snack on cookies.
 9. I hardly drink sodas, maybe a cup a week.
- b. No
- c. When the university have wider and healthier breakfast options at the Caf or Farmer's Market, I will change my 14-Week food plan to Unlimited.
- d. Not sure since it depends on the university.

2)

- a. 55
 1. 1 medium unpeeled apple
 2. 1 slice whole-wheat bread
 3. 3.5 cooked meat patty
 4. 1/3 cup bran flakes
 5. 1 carrot stick
 6. 1/2 cup brown rice
 7. 1/2 cup grapes
 8. 1/2 peas
 9. 1/2 cup peanuts
 10. 2 dried plums
 11. 2 tbsp. bean dip
 12. 1 orange
 13. 1 baked potato with skin
 14. 1 tbsp. wheat germ
- b. No since the food I chose which had a lower fibre content was due to personal preference.
- c. None

- 3) The amount of fibre required for an adult varies due to gender and age.
For males < 50, 38g daily is the recommended amount; > 50, 30g daily. For females, the amount < 50 is 25g, and > 50 is 21g.
- 4) Soluble fibres dissolve to become gummy or viscous. Viscous fibres help reduce cholesterol absorption and help control the amount of glucose in the bloodstream. Insoluble fibres aid digestion, hold water, prevent constipation and moves waste through the colon.
The difference is insoluble fibres aid digestion and soluble fibres slow down digestion.