

## Assignment02

### Part A

#### Analysing MyPlate Daily Checklist

My meals come from the university 14-week Meal plan. The university provides sufficient food but sometimes I do not eat enough because the food that is provided does not taste good.

Keeping to the Vegetables, Grains and Proteins food group was simple to do so since the university provides enough. Keeping to the Fruit food group was difficult because I keep on forgetting to do so, though the next day, I took the fruit cups in the Fresh Food's Market. I hope that was sufficient, but I should be eating proper fruit.

The only difficulty I had was in the Dairy food group. The only dairy I ate was the milk I drank for cereal and that was bought from Wal-Mart. Most of the time, I go to Fresh Food's Market or the Student Cafeteria and only in the Student Cafeteria, I see an option for milk. If Fresh Food's also provided yoghurt, I would take it.

I have chosen the "10 Tips for Staying Fit on Campus" and I have chosen to talk about Tip 5 and Tip 9.

#### Tip 5 – Hit the Gym!

Currently my gym plan is going 3 times a week and my sessions are about 1 hour 30 minutes long. Monday is Chest and Back exercises, Wednesday is Legs and Abdominals exercises, Friday is Arms and Shoulder exercises; I am thinking of changing my gym plan so I go 5 times a week but shorter and more intensive sessions. Currently I feel I spend too much time at the gym when I go, and if I switch my gym plan up, I can be active every day without the feeling of being too tired and spending too much time at the gym.

#### Tip 9 – Sign Up for an Adventure Trip!

Mercer University has planned trips for their international students and I have taken advantage of one last weekend where I went white-water rafting with the other international students. It was immense fun and the university had worked out a great deal for the students; I definitely plan to go to more of them – the one I am keeping my eye on is the trip in skiing trip in January, I have not been skiing before so I can't wait to try that!

## Part B

**Calculator.net** FINANCIAL **WEIGHT LOSS** MAT

[Home](#) / [Weight Loss Calculators](#) / [Calorie Calculator](#) [Print](#)

## Calorie Calculator

**Result**

You need **2,178** Calories/day to maintain your weight. **2,178**

You need **1,678** Calories/day to lose 0.5 kg per week. **1,678**

You need **1,178** Calories/day to lose 1 kg per week. **1,178**

You need **2,678** Calories/day to gain 0.5 kg per week. **2,678**

You need **3,178** Calories/day to gain 1 kg per week. **3,178**

**US Units** **Metric Units** **Other Units**

Age   
Gender ☒ male ☐ female  
Height  centimeters  
Weight  kilograms  
Activity  ▼

I chose “Moderately Active” because I go to the gym 3 times a week, walk around the campus a lot and go to a dance class, thus I am getting at least my minimum of 30 minutes of daily activity every day.

My diet is split up by these percentages – 55% Carbohydrates, 15% Proteins and 30 % Fats. From Calculator.net, I need 2,178 calories to maintain my weight; I definitely want to gain weight but eating an extra 1,000 calories every day I cannot do it since university food is not consistent with its quality and the jump in calorie intake will be too large.

Thus, I will try to eat 2,500 calories every day so with my diet percentages, I will need to eat:

- Carbohydrates, 312.5g
- Protein, 93.75g
- Fat, 83g

The MyPlate Daily Checklist has calculated that I should eat 2,200 calories to gain weight, whilst Calculator.net has calculated that I should eat 2,678 calories. They are both similar and with that in mind, I went for the mid-range value of 2,500 calories.