

Part II: Assessment of Dietary Intake

Section 1. Moderation

a)

	Recommended	Mine
Carbohydrates	45%~65%793~1145kCal	52% 672kCal
Proteins	10%~35%176~617kCal	20% 259kCal
Fats	20%~35%352~617kCal	29% 378kCal

I think I just take enough carbohydrates, proteins, and fats for the needing of my body, and I should keep on it.

b)

$$\text{kCal of sugar: } 62.24\text{g} \times 4\text{kCal/g} = 248.96\text{kCal}$$

$$\text{sugar Cal/Total Cal}=(248.96/1304)\%=19.1\%$$

The recommended intakes of sugar is about 20-kcalorie everage , and too much sugar intake can cause obesity, heart disease, misbehavior in children, criminal behaviorin adults, and addictions. I think I just take enough sugar, and I should keep it.

c)

	Recommanded	Mine
Fibre	25g	16.8g

I take enough fiber everyday. Fibre can help prevent colon cancer, appendicitis, and diverticulosis, etc.. An excessive intake of fibre will displace energy and nutrient dense food, and it also causes intestinal discomfort and distention. So

fiber shouldn't be taken too much.

d)

	Recommended	Intake
kcalories from saturated fats	<10%	7%

More saturated fat will cause more LDL cholesterol in body. I don't eat too much meat everyday, just sometimes, and I think I have already taken enough saturated fat and don't need more..

e)

	Recommended	Intake
dietary cholesterol	300mg	382.06mg

Too much cholesterol can cause the disease called atherosclerosis which may cause heart attacks and strokes. I take more than recommended and should cut down intake of cholesterol to avoid the disease.

f)

I don't take any alcohol.

g)

	Recommended	Intake
Sodium	1500mg	1509.22mg

Sodium can help maintain normal fluid and electrolyte balance, and more sodium intake may cause hypertension in some people. I used to eat a little salt, and I just added it when cooking some vegetables or meat. I have to cut down it by change my choices of each group.

Section 2. Adequacy

a) i)

Vit/mineral	RDA	Deficiency	Toxicity
protein	46.45g	Marasmus;kwashiorkor	Heart disease; cancer; osteoporosis;
vitamin A	700mcg/2333IU	Hypovitaminosis A	Hypovitaminosis A
Thiamin	1.1mg	Beriberi	No
Riboflavin	1.1mg	Ariboflavinosis	No
Niacin	14mg	Pellagra	Niacin flush
vitamin B6	1.3mg	Anemia;Cheilosis	Never damage
Folate	400mcg	Anemia	Masks vitamin B12 deficiency
vitamin C	75mg	Scurvy	GI distress
Calcium	1000mg	Stunted growth; bone loss	Constipation
Potassium	4700mg	Muscular weakness; paralysis	Muscular weakness; vomiting
Iron	18mg	Anemia	GI distress; iron overload
zinc	8mg	Growth retardation	Loss of appetite

ii)

Vit/mineral	>125% or <75%	deficiency and toxicity symptoms
Protein	>125%(139%)	Heart disease; gain weight

Riboflavin	>125%(155%)	No toxicity
Niacin	>125%(127%)	Painful flush;excessive sweating;liver damage; blurred vision
Calcium	< 75%(62%)	Stunted growth; bone less
Iron	< 75%(56%)	Weakness; impaired immunity; pale skin; concave nails; pica
Potassium	< 75%(50%)	Muscular weakness; paralysis; confusion

b)

Protein: >125% upper level: 300mg/day

Riboflavin: >125% no upper level

Niacin : >125% upper level: 35mg/day

Calcium: < 75% Iron: < 75% Potassium: < 75%

I am not at risk for problems caused by protein, reboflavin, niacin because the amount of intake is no more than the upper levels. What's more, Only long-term intake of excessive or inadequate nutrition can lead to disease, and my intake is not in such a range everyday.

c)

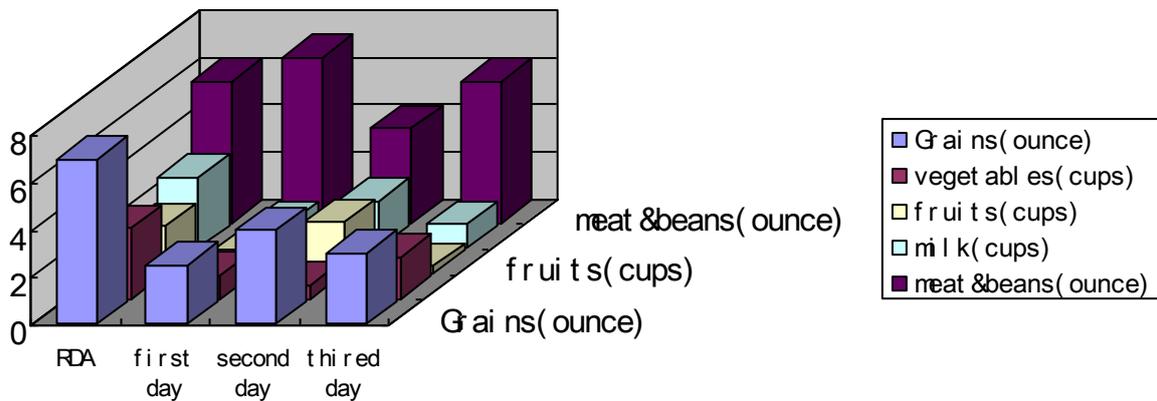
I'm not taking any aupplements, and I don't need any.

Section 3. Balance

a)

Food group	RDA	1 st day	2 nd day	3 rd day
Grains(ounce equivalents)	7	2.5	4	3

Vegetables(cups)	3	1	0.6	1.75
Fruits(cups)	2	1	2.16	0.3
Milk (cups)	3	1	2	1
Meat&Beans(ounce equivalents)	6	7	4	6



b)

My grains, vegetables, fruits and milk intake are fewer than recommended.

Grains intake fewer will cause thiamin, riboflavin, and folate potentially deficient.

Vegetables intake fewer will cause vitamin C, folate, vitamin A, and manganese potentially deficient.

Fruits intake fewer will cause vitamin C potentially deficient.

Milk intake fewer will cause riboflavin, protein, calcium, vitamin A potentially deficient.

Section 4. Calorie Control

a)

	Recommanded	Mine
Calories	1762	1304

b)

My intake is less than the estimated needed, but I don't lose weight. Although I don't take too much calories everyday, I do little activity everyday; sometimes just 20 to 30 minutes, and sometimes I don't do any exercise whole day except walking to the classrooms.

c)

According to my BMI (22), I have few health risks because my BMI is between 18.5 and 24.9.

According to the chart, I am in a healthy weight.

Disease	Results of risk
Kidney cancer	Much below average
Diabete	Much below average
Heart disease	Very much below average
Stroke	Below average
Osteoporosis	Below average

I don't have any family history of the diseases above, so I don't have the effection of risk from my family.

I don't smoke cigarettes; I eat 3 or fewer servings of refined starch a day; I am not overweight; I eat fewer than 2 servings of saturated fats (like butter, lard, red meat, cheese or whole milk) on most days; I don't eat trans unsaturated fats (like

stick margarine, vegetable shortening, store bought baked-goods or deep fried fast foods) on most day; I do not have high blood pressure; I don't have diabetes; I eat dairy products every day or nearly every day; I'm at a healthy weight; My waist size is not too large. I am already doing things to lower my risk, and I should keep up the good work.

Section 5. Variety

I took 2 different kinds from grains, 2 different kinds from fruit, 1 from milk, 3 different kinds from meat&beans, and I had mixed vegetables everyday. I took 5 different food groups represented in my diet.

I almost eat the same food everyday, and I didn't choose a variety of foods within each food group.

Types of a single intake will lead to absorption of a single nutrient and mineral, which will effect my health and lead to some disease.

I need to make improvement of my diet, so I should enlarge my choices of each area and avoid eating the same thing everyday. I need to variety my diets.

Section 6. Plan for Dietary Changes

a)

I don't eat only one kind of food everyday, and I choose food from each area everyday so that I can get almost all the kinds of nutrients for my body. I did good in calorie control part, and I am in the healthy range.

In the moderation part, the intake of sodium and dietary cholesterol are a little bit higher than RMD, so I should pay attention to my diet everyday. In the adequacy

part, I have take some mineral/vitamin higher than RMD; some of them don't have toxicity, while most of them do. I also need to choose food in each group be careful to decrease the risks of disease causing by higher intake of these nutrients. In the balance part, I need to increase the amount of vegetables, fruits, and milk intake and decrease the amout of meat to cut down protein, so there is no extra protein stored as fat to make me gainweight. In the variety part, I didn't do enough. I should enlarge my choice in each group to keep me health.

b)

Everyday I should increase the amount of vegetables, fruits, dairy product, and grains intake to improve the mount of minerals and vitamins in take. In addition, I should choose more than one kind of food from each group to increase the variety of food. First, I will eat two slice of bread instead of one for breakfast, and add yogurt for my meal. Next, I will eat some fruits, at least one, between meals. Then, I will add more vegetables for my lunch everyday. Finally, I will exercise daily at least thirty minutes.