Questions are in **bold**

Answers are in normal font.

**Discuss your actual intake compared to the ‘Food Groups & Calories Report’ recommendations. Which groups do you need to eat more of? Which groups are you meeting the recommendations? Which groups are you getting too much of?**

When looking at my ‘Food Groups & Calories Report’ I was able to see that my intake on curtain foods was lower then it actually needed to be. I was real low on my fruit intake. During all the days I recorded my fruit intake was under completely. I was not having fruits daily like I should have been. I always seemed to get enough protein in diet. Day two I got too much dairy but got just enough of my vegetables. Some days I got enough Grains but other day I needed to get in more intake of them.

**Discuss your actual intake compared to the ‘Nutrient Intake Report’ recommendations. What vitamins, minerals, and other nutrients are you low in? What vitamins, minerals, and other nutrients do you consume too much of?**

On day one and two I had gone over my daily intake of fats and my saturated fats. I was to only consume 25-35% of total fat, but I had consumed 57% fat. While with the saturated fats I had consumed 27% when I should have only consumed <10%. While on day three I was under my fats. Some nutrients that I was under on were Omega 3 (EPA, DHA), monounsaturated and polyunsaturated fats. The minerals that I daily had an issue consuming were potassium, copper, iron and magnesium. My vitamins I seemed to do good on daily, I was able to consume most vitamins.

**Discuss the quality of the foods you ate. Are you getting enough variety within each food group? Are you eating several different colors of fruits and vegetables? Are you eating whole grains? Are you eating low-fat dairy and lean meats instead of higher-fat versions? Are you including nuts, seeds, and beans in your diet? Are you limiting added sugars?**

Since I live in a dorm and I typically eat downstairs in the dinning hall I am not able to get the best quality of food. I would prefer to know what is in my food and know the ingredients to prepare the food. I also feel if I was to prepare my own food I would be able to consume more foods in each food group. I would have a wider selection of fruits and vegetables to eat with each meal. I normally eat white bread if I am to get bread, but I am trying to change it up and get whole wheat to make my diet healthier. When it comes to low fat dairies I try to consume those instead of normal ones. When it comes to consuming sugars I try not to eat to many, I am actually am trying to eliminate sugars from my diet as much as I can.

**Discuss the portion sizes of the foods you ate. Did you find that you had difficulty estimating you portion sizes? Did you find that you were eating more or less than a typical serving size?**

Since I was unable to know exactly what size portions I was getting I had to estimate the sizes of them. Which is probably not the best for my diet and also in life. You should know how much you are consuming with each meal and day. I feel that my portion sizes were smaller then I would normally get, but this is good because it is teaching my body that I don’t need to consume as much.

**Discuss the quality and number of snacks you ate. List the snack that you ate. Are they contributing to the overall quality of the diet? Are they providing extra unnecessary calories? Are they providing unnecessary added fats (or the wrong type of fats) and sugars?**

I am not a very big snack person to begin with. I didn’t eat many snacks through this project or these days. But if I were to have a snack I would have probably had some kind of fruit or healthy snack. Which would have helped to increase my intake of fruits for my diet.

**Discuss the quality and number of beverages you drank. Are you drinking enough water and milk? Are the beverages you drank contributing to the overall quality of the diet? Are they providing extra unwanted calories or added sugars? Are they providing other unnecessary substances, such as caffeine, alcohol, too much vitamins and minerals, etc?**

I drank at least a glass of water a day, weather it was during a meal or just to have something to sip on. Over spring break I had realized I hadn’t been getting enough calcium in my diet. So when I came back I decided I needed to at least start drinking more milk or consuming more calcium products. With the water consumption I am adding minerals such as fluoride to my diet, which is helping with preventing tooth decay.

**Provide specific and realistic recommendations about how you can improve the overall quality of your diet.**

Some ways I can improve the quality of my diet would be to increase my fruit intake by at least having one serving at lunch and one serving at dinner to help me increase my take. Also if it would be good for me to have more grains with my diet. I could make pasta for dinner one night to increase my grain intake. I also need to increase my dairy intake by having at least one glass of milk a day, I would think the best thing for me to do would be to start off my day with a glass of milk so then I would not have to worry about it until lunch came around. I should also increase my protein intake by consuming more lean meats to help bring up my serving. I could do this by at least having a slice of turkey or ham with a meal if I don’t have a main entrée with a protein.

**Discuss the type and amount of your physical activity recorded on your ‘Physical Activity Report’.**

I am trying to work out everyday but this week I had only really worked out on Thursday and Friday and Saturday. I had been on the elliptical machine and then walked around the track at the REC. Then I would stretch and work on my abs and legs for about ten minutes.

**Provide specific and realistic recommendations about how you can improve your physical activity.**

The way I could improve my physical activity would be to walk around, even though I walk to class everyday. Then to add more aerobic work out I would probably do a little longer and then do more rounds of the machine.

**Discuss your food intake and physical activity compared to your ‘My Daily Food Plan’ recommendation. Is your food intake below or above your energy needs? Will this cause weight loss or weight gain?**

My food intake is below then it should be, which will cause weight gain because I am not eating healthy things. The things that I have met should not be consumed that much. I need to increase my protein and grains intake to get myself a higher intake rate. Which will later cause weight loss.

**Provide specific and realistic recommendations about how you can improve the balance between food and physical activity (energy balance).**

I should eat more proteins and grains then I will have a high energy balance which will help me more when I go to have a good work out. But I also don’t want to eat too many grains and proteins because they can also just stay on my body if I was not to work out one day or to do much physical activity. So I should eat more proteins with each meal mostly dinner if I was to work out or do most of my physical activity at night.