



## Nutrition - Personal 3 Day Diet Analysis

Three Day Diet Analysis According to the food pyramid, my diet is horrible considering what I have consumed in these 3 days. It shows that I need to start eating more, and better quality foods. My sugar intake is too high and should be reconsidered. Possibly I could swap out processed sugars for natural sugars; such as in fruit. It is obvious from the records I have provided that I do not take in as much (if any) fruit that one should be consuming on a daily basis. Thus, not only am I depriving myself of vitamins, I am also depriving myself of the fiber needed in order for my digestive system and metabolism to work as necessary.

I will have to incorporate more whole grains with fruit and vegetables to act as roughage, as going to the bathroom proves difficult for me- most likely this is why. I was astonished by how many carbohydrates I take in too. Eating a lot of carbs can add to the blockage/ movement in the bowels so I need to consider decreasing the TYPE of carbohydrates that I eat, cutting out white and processed breads and grains, replacing them for whole grains and wheat products. The only milk I intake is with my coffee and tea.

Although I have four hot beverages a day with around 2 tablespoons of dairy, I am aware that this is no-where near the recommended 2 cups a day. On a good note however, I do not drink many sugary drinks at all- if any. Coffee, tea and water are my staple liquids therefore the sugar that I eat equals out to the sugars that I don't drink. Drinking 2-3 glasses of water per day are less than the 6-8 glasses recommended however I do make a conscious effort to drink more on the days that I work out. I do not take in enough calories, as I burn on average 800calories and eat on any given day from 1200-1800.

The meat and beans intake was at 3. 5 oz which I do not eat meat much so this is not a surprise it's suppose to be 6oz intake. With the Vegetables this is an easy one I love any kind of vegetable and was short these 3 days I had 1 cups intake when it says I should do 3 cups. Fruit intake was 0 cup when it says 2 cups recommended. Grains intake was 3. 5oz recommendation is 7oz. All in all I would say I need to work on something's but I am proud to say I will be working on changing my lifestyle. I have made a conscious effort to start a meal plan in conjunction with a 60 day workout called insanity.

I have done this before and the results have been outstanding. I was at the peak of physical condition as well as health. With eating correctly my mind was clear and vivid. My memory was better and I had no feelings of sluggishness or feisty behavior. Joining this meal plan will help me jump-start my metabolism by keeping me on a strict guideline on times to eat (since this seems to be a problem with me), portions- since I don't eat enough and balanced diet as it has proven as of now I am eating more protien and carbohydrates than anything else.

Some of the ways I can work on these things is make sure I eat more in all the areas of the pyramid, with the grains I will eat more pastas, whole grain breads, crackers and just anything that has grain in it. Also more vegetables. this is easy because I do love them but

# 3 Day Diet Analysis Paper

**E Durkheim**



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Nutrition During the First 1000 Days and Fetal Programming Guadalupe Estrada-Gutierrez,Otilia Perichart-Perera,Felipe Vadillo-Ortega,2022-08-16 **Sports Nutrition** Bill Campbell,2013-11-19 With the constant flow of information related to sports nutrition coming from scholarly journals it is difficult to sift through it all and determine what is relevant Sports Nutrition Enhancing Athletic Performance helps in this endeavor with more than 1 000 references from top academic journals offering critical knowledge concerning nutrient ingestion for enhancing exercise and sports performance This book offers a clear focus on scientifically based sports nutrition advice to maximize performance It also addresses exercise metabolism which governs how nutrients exert physiologic effects that lead to increased athletic potential The book examines the three key macronutrients fat carbohydrate and protein It discusses various aspects of macronutrient metabolism including differences between a body at rest and during high intensity exercise Topics covered in the text include the following Nutrient timing Leucine threshold to optimize muscle protein synthesis Carbohydrate manipulations for better

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Carbohydrate loading strategies Optimal amounts of protein to ingest on a meal by meal basis Pre exercise dietary fat intake  
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ingest for improved performance and training recovery

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Observations on the Ecology of Arctic Foxes Alopex Lagopus in Eqaalumiut Nunaat, West Greenland, Special Report on Aging, 1982 **Drugs Affecting Lipid Metabolism** W. Holmes, 2012-12-06 **Research in Education**, 1973

**Functional Kinesiology in Health and Performance** Elena Mainer Pardos, Hadi Nobari, Kelly Johnson, António José Figueiredo, 2024-05-29 The state of the world's health is critical Customers seek trustworthy healthcare professionals because the health industry is rife with contradicting information and out of date science Frequently students are still being taught out of date material and a variety of tools without any recommendations for practical application leaving them feeling overburdened perplexed and insecure Both of these issues were addressed by the invention of functional kinesiology Kinesiology is the application of the sciences of biomechanics anatomy physiology psychology and neuroscience to the study of human and animal movement performance and function It examines the mechanisms behind both human and animal movement with particular attention to the roles played by the skeletal joint and muscular systems Moreover a foundation and practitioner training pathway is provided by functional kinesiology The foundation training employs Kinesiology muscle monitoring and the concepts to evaluate the body's energy systems and rebalance them with safe and effective physical electrical emotional and dietary procedures Sports practice has health benefits in youth and adulthood Functional kinesiology is about combining the techniques of kinesiology with cutting edge research in functional nutrition and functional medicine This method tries to work with the six pillars mentioned above for people to regain their health fully Among them are diet adrenals and stress sex hormones digestion and immune and emotional transformation Given the growing participation of athletes in team and individual sports worldwide it is necessary to analyze the effect of kinesiology protocols

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web drug induced liver injury 6 month mortality prediction nomogram this validated prediction incorporates charlson comorbidity index model for end stage liver disease meld and serum albumin in predicting 6 month mortality in patients with suspected acute drug induced liver injury

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web nov 11 2022 drug induced hepatotoxicity or drug induced liver injury dili is an acute or chronic response to a natural or manufactured compound 1 dili can be classified based on clinical presentation hepatocellular cholestatic or mixed mechanism of hepatotoxicity or histological appearance from a liver biopsy

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web aug 22 2019 nature reviews disease primers this primer discusses the cause mechanisms diagnosis and treatment of drug induced liver injury an adverse reaction to supplements herbal medicines and

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web oct 10 2021 while much attention has been given to metabolic syndrome and obesity as offending factors a growing incidence of polypharmacy especially in the elderly has greatly increased the risk of drug induced liver injury dili in general and drug induced fatty liver disease difld in particular