

Monday March 16, 2015

Breakfast

Food	Amount	Calories	Fat	Fiber	Carbohydrates	Sodium	Protein
Turkey	2 servings	192	4g	0g	3g	1652g	31g
Toasted Wheat Bread	2 slices	128	2g	2.4g	23.6g	265g	4.6g
Muenster Cheese	1 slice	85	7.8g	0g	0g	116.4g	4.7g
Subtotal		405	13.8g	2.4g	26.6g	2033.4g	40.2g

Lunch

Food	Amount	Calories	Fat	Fiber	Carbohydrates	Sodium	Protein
Saltine Crackers	40 Crackers	320	9.9g	2.9g	54.3g	954.9g	9.4g
Subtotal		320	9.9g	2.9g	54.3g	954.9g	9.4g

Afternoon snack

Food	Amount	Calories	Fat	Fiber	Carbohydrates	Sodium	Protein
Apple Kiwi Kale Smoothie	32 Cups	443	0g	3.2g	108.8g	174.4g	1.6g
Italian Bread	2 Slices	118	1.4g	0.5g	22g	248.4g	3.9g
Subtotal		561	1.4g	3.7g	130.8g	422.8g	5.5g

Dinner

Food	Amount	Calories	Fat	Fiber	Carbohydrates	Sodium	Protein
Dominos large hand tossed 2-3 Topping	½ pizza	960	32g	8g	136g	1960g	40g
Subtotal		960	32g	8g	136g	1960g	40g

Day's total

	Calories	Fat	Fiber	Carbohydrates	Sodium	Protein	Water	Fruits	Vegetables	Dairy
Daily recommendation	2000	70g	28g	310g	2300 mg	50g	2700 ml	2 cups	2.5 cups	3 cups
What I consumed	2246	57g	17.1g	347.7g	5371 mg	95.1g	400 ml	~0.25 cups	~0.5 cups	~4 cups
Results	+246	-13g	-10.9g	+37.7g	+3071 mg	+45.1g	-2300ml	-1.75 cups	-2 cups	+1 cup

Minimal vegetables consumed, one topping on the pizza was a vegetable (White Onion). There was also green bell pepper on my pizza but I am unsure of if it is a vegetable or a fruit for the context of this critical thinking

All dairy consumed was in the form of cheese. I had one serving of cheese on my breakfast sandwich and my pizza had extra cheese on it. A serving of pizza with regular cheese on it is 1/8 and I had 1/2 so assuming that extra cheese is the equivalent of two regular cheese had 8 servings of regular cheese on my pizza.

Do I eat a balanced diet?

I do not eat a balanced diet.

What am I missing?

I need to eat significantly more fruits and vegetables seeing as I don't have those in my diet except for in juice form which is loaded with sugar. I also need to consume more natural dairy products and water.

Resources:

Water intake found from One Medical's blog

<http://www.onemedical.com/blog/live-well/daily-water-intake/>

Daily intake of Carbohydrates, Protein, Sodium, and Fat found from My Daily Intake's website

<http://www.mydailyintake.net/nutrients/>

Daily intake of Fiber calculated from San Francisco Gate's Article on Healthy Eating

<http://healthyeating.sfgate.com/recommended-daily-serving-fiber-4262.html>

Daily Calories found from the chart on Choose My Plate's website

<http://www.choosemyplate.gov/weight-management-calories/calories/empty-calories-amount.html>

Daily recommended intake of Fruits, Vegetables, and Dairy from Choose my Plate website

http://www.choosemyplate.gov/food-groups/downloads/results/MyDailyFoodPlan_2000_18plusyr.pdf

[MyDailyFoodPlan_2000_18plusyr.pdf](http://www.choosemyplate.gov/food-groups/downloads/results/MyDailyFoodPlan_2000_18plusyr.pdf)