

### 3 Day Diet Analysis Paper

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#### 3 Day Diet Analysis Paper

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3 Day Diet Analysis - 2 Essay 2104 Words | 9 Pages. Three Day Diet Analysis For this three day diet analysis project I wanted to eat as I normally would and be honest about all that I ate, to analyze not only what and how much I was eating, but also to see how healthy my diet really is.

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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.

#### Nutrition- 3 Day Diet Analysis Essay - PHDessay.com

Three cups of fat free or low fat milk is recommended as well as low fat or fat free cheese and yogurt. Protein foods are recommended at 5.5 ounces a day or 8 ounces a week. Seafood should be used instead of meat and poultry at least twice a week. Beans, nuts, eggs, and peanut butter are included in the protein choices.

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#### Nutrition- 3 Day Diet Analysis Essay - 1037 Words

3 Day Diet Analysis In this paper I will be talking about my 3 day diet analysis. I will also be writing a 700 word essay of the final results. I will be describing my current eating habits. How does my diet compare to the recommendations that I received from the Food Guide Pyramid. Also telling you how many servings for each food group did I consume?

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Complete steps f. and g. for 3 days. Click on the REPORTS icon. Choose the NUTRITION category. Enter the 3 day time frame you recorded. Choose the following reports to print: Net calories, carbs, fat, protein, saturated fat, cholesterol, sodium, fiber, sugar, calcium. Click on the EXERCISE category in REPORTS. Enter the 3 day time frame you recorded.

#### 3 Day Diet Analysis Paper

The three day analysis I completed on the diet analysis c.d. showed that for the two day I analyzed my protein intake was 44.06 and my recommended intake was 45.36, so I came in just below the mark. Carbohydrates are another important factor of our diet. Carbohydrates provide us with...

#### Diet Analysis Paper - 1172 Words

Most adults are to have 75mg a day of vitamin C; my average was 49mg per day. So I definitely need to consume more foods rich in vitamin C like sweet red peppers, strawberries, and broccoli. A diet low in potassium can lead to confusion, muscle weakness, and paralysis. Most adults are to have 4700mg a day of potassium; my average was 1050mg per ...

#### Dietary Analysis and Reflection - UK Essays

3 day diet 3-Day Diet Analysis Stephanie Klaas SCI/241 2/3/13 Clayton Wilson 3-Day Diet Analysis My eating habits are a work in progress. Since August, I have lost 39 plus pounds. I have changed my whole diet and I am still working on improving my diet. Before my issue was overeating, eating the...

#### Free Essays on 3 Day Diet Analysis - Brainia.com

Across the first 3 days, the diet restricts daily calorie intake to 1,400, 1,200, and 1,100 calories. The diet is high in protein and low in fat, carbohydrate, and calories. It also includes...

#### 3-day military diet: How it works, shopping list, and meal ...

Diet Analysis Assignment It is prudent to note that, diet analysis is any technique in which the content of nutrients in food and those products which are related to it is determined and analyzed at the same time. This process of analysis is usually carried out in different methods which are required to be certified. The analysis is in most cases quantitative.

#### How To Write Nutrition Diet Analysis Paper

It also helps to determine one's diet "weak spots", potential food allergies or diseasemanagement issues. To complete my nutritional analysis, I needed to fill in a 7 day food diary and created a plan for 3 weeks ahead. This was a learning experience on it's own and helped me to think more about the food I was eating.

#### My Diet Analysis and Health Progress Essay | your-writers ...

3 day diet analysis 1. 3 Day Diet Analysis 13 Day Diet AnalysisCovell Bellamy III Sci/241 NutritionNovember 4, 2011 Tira Hancock 2. 3 Day Diet Analysis 2 Eating Habits This is a report on my current eating habits that I do not have because it changes daily.

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To analyze my diet I decided to record everything I eat every day. I did this during one week. At first, I did this on a separate sheet of paper, but then I downloaded a special program to analyze the results of my nutrition. I used MyDietAnalysis 3.0. Moreover, I read information about healthy food.

#### My Diet Analysis | SpecialEssays.com

Intentional Three Day Diet Analysis Paper is the loss of total body mass as a result of efforts to improve fitness and health, or to change appearance through slimming. Three Day Diet Analysis Paper in individuals who are overweight or obese can reduce health risks, increase fitness, and may delay the onset of diabetes.

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The Diet Analysis Project is designed to: Assess recommendations for nutrient intake. Analyze nutrient intake for adequate intake of Choose My Plate Food groups. Describe food categories of ChooseMyPlate and unique characteristics and food belonging to each group. Diet Analysis Project Diet Analysis Project Instructions This project will allow you to gather and analyze information on the foods ...

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