

The diet journal was interesting to see how and what I ate in the course of five days. Utilizing the five-day diet journal taught me that I need to eat healthier. I am not getting enough nutrients in my body. Some days were better than others where I ate three full meals a day; however, the downfall to that was that I didn't eat as healthy. When I ate fast foods, which was a decent amount of time, I noticed that I would drink caffeinated drinks more. I also didn't drink any water in the entire five days of the assignment, which is not good. I need to be drinking more water and less sugared drinks. I also need to practice eating three healthy meals a day as opposed to 2 and ones that are unhealthy like I have been.

Some ways that my diet has been healthy or nutritious is that when I do eat, I tend to eat smaller portions. I have a hard time eating large meals or having a hefty snack. During the five days of my diet journal, I also made homemade lunches and dinners. Not every day but some days I ate fruits and vegetables. I consider eating under the daily recommendation for calories even a healthy choice, which some days I would and others I did not. I noticed during the workweek of Monday through Friday that I would eat under the daily recommendation suggested for women and during the weekend I would eat over the daily recommendation. I did go over the average calories on the week I feel that was ok for, I ate under the recommended calories. The recommended daily calorie intake for a female is 2,000 calories, and for a woman that are trying to lose weight about a pound per week, she should eat about 1,500 calories a day. Women should also aim for about 25 grams of fiber a day in their diet however I am not able to do this because in 2013 I was having gall bladder attacks where I was hospitalized and looked jaundice. I ended up having sludge in my gallbladder that was not able to exit out, so I had surgery to have it removed. After having my gallbladder removed, I had to be careful about what I ate, mostly if the food was high in fat or high in fiber. Without my gall bladder, food can go through my body system much quicker and more effectively. I can eat fattier foods now and not have too much of an issue, but if I have too much fiber in my diet, my body can't retain it for

very long. I try to aim for about half of the daily recommendation of fiber for women. I feel as my fiber diet is sufficient for me medically where I had surgery.

My diet is not healthy or nutritious in more ways than I thought. It has made me look more at what is going into my body and what is going into my children's bodies. They eat healthier than I do because I make them but sometimes dinner wise they eat the same thing I eat. My children eat more fruits and vegetables in one day than I do all week. Their daily snacks consist of two bananas, two or three cucumbers, about a cup of strawberries each, an apple each day also. My children put me to shame eating healthy while I eat unhealthy snacks and meals. I have too much sugar intake each day from sugared drinks like soda or fruit drinks. I noticed that I ate fewer calories during the week and a lot more during the weekend; this could be due to not having my children on the weekends,, and I dont have to cook my children healthy meals so I end up eating worse on the weekends. My diet is very inconsistent with eating healthy but very consistent with eating poorly. There is no water in my diet what so ever. I am not a fan of drinking water unless it is very, very hot out and I am working outside, other than that water is never in my diet. My diet is also flawed in sodium intake. I would say that my sodium intake is the worst out of all of the nutrition areas that were documented. The Average Nutrient Intake for Women vs. my intake is as follows below:

	AVERAGE	ME
CALORIES	2000 calories daily	Between 1110 - 2700 daily
FAT	44 - 77 grams daily	Between 16 - 133 grams daily
CARBOHYDRATES	225 - 325 grams daily	Between 175 -302 grams daily
SUGAR	No more than 25 grams daily	Between 52 - 203 grams daily
PROTEIN	Average of 46 grams daily	Between 46 - 109 grams daily
FIBER	25 grams daily	Between 11 - 31 grams daily
SODIUM	Less than 1500mg but no more than 2300 mg daily	Between 1380 - 4360mg daily

## My Action Plan

One way to improve and change my diet would be to cut out fast food altogether. I will do this by checking the sodium content on all labels when I purchase food at the store for dinners or lunches. I will also buy low sodium sandwich meats and healthier mayonaise for my lunches this will help my sodium intake to decrease by a large amount. I will also begin staying active in finding things to occupy my time rather than sitting down and putting food in my mouth when I am bored. The activities that I would do to occupy my time would be reading a book outside during the summer months rather than sitting inside on a nice day and falling asleep on the couch where I am reading a book. Other things I can do is going to see friends and talk to them that will help pass some time away.

The second way to change my diet will be to eat healthier foods. I will do this by eating more fruits and vegetables during the day. Instead of a bag of chips, I plan on buying veggies straws that are healthier than a regular bag of chips. I like the taste of them and they are flavorful enough where I enjoy them just as much as a standard bag of chips. I will also plan my lunches out and pack healthy snacks to eat, such as bringing banana's to work, carrots with low calorie and fat-free dressing to dip them in for a flavor. By packing a lunch, I am less likely to order out or go to the cafeteria and buy an unhealthy lunch.

The final way to change my diet would be getting the correct amount of exercise that I need. I will start by getting a gym membership at an affordable local gym. Going to the gym, I am becoming busy, so my mind will not be as bored and want to eat. Going to the gym to exercise, I will be drinking more water and not drinking as much soda, if any at that point. No one goes to the gym drinking soda and working out, at least I have never seen. I will also talk to see if the gym offers any personal trainers and let them know the target areas that I am working on and trying to eat a healthier diet and they can instruct me how I can go about this in a healthy and safe way so i dont hurt myself by eating too little or exercising too much.

## Works Cited

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