

Track your 2 day eating habits

DAY 1			
Meals	Food consumed	Kilojoules	Major nutrients
Breakfast	Double cheeseburger	1791.7 kJ	Carbs-29.1g Fat-24.9g Protein- 24g
Lunch	A) 3 Nutella sandwich B) 2 protein up and go C) 2 Nutri grain bars	A) 2460kj B) 1681kj C) 984kj	A) carbs- 21g x3 Fat 12g x3 Protein 2g x3 B) carbs - 21.8g x2 Fat - 4.2g x2 Protein- 17.9g x2 C) carbs- 24g x2 Fat- 3g x2 Protein- 2g x2
Dinner	5 Chicken skewers	1537.5	 Carbs- 1.2g x5 Fat- 3.8g x5 Protein- 13.4g x5
Snacks	Apple	389.5	Carbs- 25.1g Fat- 0.3 g Protein- 0.5 g

DAY 2		
Food consumed	Kilojoules	Major nutrients
Bacon and eggs	820	Carbs- 4g Fat- 12g Protein- 20g
Chicken	1107	Carbs- 0g Fat- 16.9g Protein- 27.3G
Pasta	2402.6	Carbs- 86g Fats- 2.6g Protein- 16g
Ham & cheese wrap	1722	Carbs- 28g Fat- 20g Protein- 30g

5 min task read this article:

<https://avitahealth.org/health-library/macronutrients-a-simple-guide-to-macros/>

Write a 50 word summary on:

Kilojoules

What are they?

A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance. Food energy used to be measured in Calories (Cal) and some countries still use those units. The conversions are as follows: 1 calorie= 4.1 kilojoules

How many Kilojoules are recommended for Australian Adults per day?

Australian adults are recommended to eat 8700 kJ per day

How many kilojoules for your age group is recommended? Does it vary according to anything?

For 15yro males you're recommended to eat 8200-9000kj and for females its 7400. These recommendations vary depending on weight, height and energy expenditure, aswell as age and gender.

Protein

What is its role in the body?

To grow and build muscle and balance fluids and helps with recovery

What foods do you find it in?

Eggs, chicken, nuts

How many kilojoules in 1 gram?

16.7 per gram

Carbohydrates

What is its role in the body?

Carbohydrates are your body's main source of energy: They help fuel your brain, kidneys, heart muscles, and central nervous system. For instance, fiber is a carbohydrate that aids in digestion, helps you feel full, and keeps blood cholesterol levels in check.

What foods do you find it in?

Bread, pasta, processed cereal

How many kilojoules in 1 gram?

16.7 per gram

Fats

What is its role in the body?

The body uses fat as a fuel source, and fat is the major storage form of energy in the body. Fat also has many other important functions in the body, and a moderate amount is needed in the diet for good health. Fats in food come in several forms, including saturated, monounsaturated, and polyunsaturated.

What foods do you find it in?

Avocado, nuts, eggs, cheese

How many kilojoules in 1 gram?

37.7 per g

5 guidelines

5 minute read

<https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5>

Your daily food intake	
How does my diet match up with:	
Recommended kilojoule intake for my age?	
8200-9000 kj	
What will happen if I keep eating the same amount of food long term?	
It can effect my bodies overall health and can potentially be life threatening	
How does my diet match up with:	
Guideline 1:	To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs
Guideline 2:	Enjoy a wide variety of nutritious foods from these five groups everyday
Guideline 3:	Limit intake of foods containing saturated fat, added salt, added sugars and alcohol
Guideline 5:	Care for your food; prepare and store it safely
Discuss intake of:	have taken over the recommended amount of protein for a teenager between 14 and 16 which is 50 grams and I have an intake of 132.8g Protein is an important part of a healthy diet. Proteins are made up of chemical 'building blocks' called amino acids. Your body uses amino acids to build and repair muscles and bones and to make hormones and enzymes. They can also be used as an energy source.
Protein:	
Why is it important?	
Fats:	Teens should limit their fat intake to 25 to 35 percent of their total calories every day and they should choose unsaturated fats over saturated fats whenever possible. They are essential for body to protect organs, allowed energy to be stored.
Why is it important?	
Carbohydrates:	
Why is it important?	
Carbohydrates are the body's main source of energy. In their absence, your body will use protein and fat for energy. It may also be hard to get enough fibre, which is important for long-term health.	
Make 4 recommendations or changes to your diet and justify why?	
1. I would try and slightly increase my daily calorie intake as I am eating slightly less than recommended, i will also Try and increase the amount of carbohydrates i eat as i feel low on energy throughout the day. I need to eat less fats aswell as they can cause diabetes. I should slightly decrease the amount of protein i eat in a day as it is well above the average recommended intake.	

2.

3.

4.