

Track your 2 day eating habits

DAY 1			
Meals	Food consumed	Kilojoules	Major nutrients
Breakfast	Banana pancakes with almond butter and raspberries	Kj = 838.8	Fat 87 grams Carbs 27 grams Protein 13.6
Lunch	Carrot and hummus Banana bread	Kj = 351.47 Kj =920.48	Fat 3.9g Carbs 7.8g Protein 2.5g Fat 8.5g Carbs 31.8g Protein 0
Dinner	Sweet potato and broccoli salad with steak and corn	Kj = 1497.87	Fat 10g Carbs 30g Protein 37g
Snacks			

DAY 2

Food consumed	Kilojoules	Major nutrients
Oats with chia seeds, almond butter and banana Green tea	Kj 422.2	Carbs 55.9g Fat 15.7g Protein 18.1g
Rice cakes with tuna Banana	Kj 669.44	Carbs 2g Fat 2.5G Protein 16g
Cream cheese bagels with salmon and capers Coffee with oat milk	Kj 1840.96	Carbs 64g Fat 15g Protein 15g

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**

How many Kilojoules are recommended for Australian Adults per day?

It's all about the balance between energy (or kilojoules) in and energy (or kilojoules) out. Sometimes **8,700 kJ per day** is used as an approximate figure for the 'average' Australian to maintain their weight.

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

For a female 15 year old it is recommended that we consume 10,000kj per day however for a boy it's 11,800kj per day.

Protein

What is its role in the body?

Protein allows your body to grow, build and repair tissues, and protect lean body mass.

Protein is composed of acid that is required through a persons diet.

What foods do you find it in?

Protein is found in mea, poultry, fish, eggs, milk, cheese ams other type of animal by-product foods. Plant based protein is also found in beans lentils, nuts, seeds and soy.

How many kilojoules in 1 gram?

There are 4 kj in 1 gram of protein.

Carbohydrates

What is its role in the body?

All carbohydrates break down into glucose which forms an energy source for your body.

You're body and brain need glucose to function so it is vital. Carbohydrates also help synthesise specific amino acids (protein building blocks' that allow consistent bowel movement.

What foods do you find it in?

Simple Carbohydrates are found in honey, table sugar, syrup, agave nectar, milk/yogurt and fruit. Complex carbohydrates are found in rice, pasta, bread, and scratchy vegetables (potatoes, nuts and seeds. There are also complex carbs that have been stripped of its bran which can be found in white bread, white pasta, white rice.

How many kilojoules in 1 gram?
There are 4kj per gram in carbohydrates.

Fats

What is its role in the body?

Fat allows you to store energy, cushion organs, make certain hormones, absorb fat soluble vitamins and helps with cell membrane. There are three types of fat that have a different consumption percentage.

What foods do you find it in?

Trans fat should be cut out of the diet. They are found in margarine, shortening, baked goods, doughs and fried food.

Saturated fat are known to increase cholesterol levels and increase risks of a heart disease. They can be found in fatty beef, lamb, pork, poultry with skin, lard, cream, butter, full fat cheese and dairy.

How many kilojoules in 1 gram?
Fats contain 9kj per one gram.

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?

The recommended kj intake for my age is 10,000kj per day, however I am only consuming roughly 4000kj per day. This does not meet the Australian guidelines, although I am eating the right amount of food and feeling good after eating.

What will happen if I keep eating the same amount of food long term?

If I keep eating the same amount of food long term I will probably lose weight as I am in a kj deficit. This deficit I caused because I am burning around 8000kj a day while only eating around 4000kj a day. I will also keep a lot of the healthy fat and protein I'm consuming that is turning into muscle, energy and some stored fat.

How does my diet match up with:

Guideline 1:

My diet matches up with the guidelines because although I am pretty physically active all day, with COVID-19 I am training less/ less consistently meaning I don't need to consume as much food as I normally do when I am active all day.

Guideline 2:

My diet matches up with guideline 2 because all three of my meals include all the food groups. I am somewhat lacking vegetables and some dairy products as I only really eat them at dinner and I'm dairy free but consume alternatives.

Guideline 3:

My diet is already pretty low in saturated fat, added salt and alcohol. I do sometimes like to have a small desert or snack during the day if I'm feeling pretty low but they are eaten in moderations. I also don't like adding salt and pepper onto my meals reducing my sodium intake.

Guideline 5:

My food is stored correctly either in the fridge or in the pantry sealed tightly.

Discuss intake of:

Protein: I am eating an average of 16-17g of protein each meal. In one day I'm eating an average of 51.1grams of protein. My source of protein mainly comes from lean meats – tuna, salmon, steak or complex carbs – oats (included in pancakes) and rice cakes.

Why is it important? This is important because protein is the “building blocks” which build and repair your muscles and bones. Protein is particularly important because of my goals and current fitness level of exercising 10+ times in one week (outside of COVID-19), therefore I need protein to gain and build stronger muscles and bones.

Fats: I am consuming approximately an average of 11-20 grams of fat per meal. My main sources of fat come from dairy products or alternatives or nuts like almond butter made from home. I also like to have snacks which include some saturated fats that are taken in considered moderations.

Why is it important? Healthy fats provide energy, support cell growth, protect organs, and keep your body warm. Essential fatty acids are necessary for the absorption of fat-soluble vitamins A, D, E, and K and help with hormone production. While saturated fat intake be kept to a minimum is the fact that saturated fat consumption may increase certain heart disease risk factors,

Carbohydrates: in my current diet I'm consuming approximately 30-40 grams of carbohydrates per meal. My carbs are continuously eaten throughout the day and are mainly complex carbs like oats, banana pancakes and bagels. While simple carbs are presented in my fruits, vegetables, snacks and milk. Complex carbs and carbs in general are essential in my diet as I am normally awake from 4am rowing till 10pm at night either working or at the gym therefore carbohydrates help maintain energy throughout the day.

Why is it important? This is important because Complex carbs pack in more nutrients than simple carbs. They're higher in fiber and digest more slowly. This also makes them more filling. Simple carbs can be useful in situations in which you need energy quickly, such as within an hour before a workout.

Make 4 recommendations or changes to your diet and justify why?

1. Add more vegetables into either my lunch or snack. This is necessary as I am not consuming enough vegetables throughout my day.
2. Eat healthy fats in more moderations should be considered because I sometimes eat too much when I'm either not burning it off or when it's not needed.
3. Consume more high protein foods so I become more satisfied after . After meals I tend to crave or want something more after a meal so I would try eating more high protein foods or complex carbs on a busy day.
4. Drink more water after waking up, before and after meals. This will be important to keep hydrated throughout the day and not get any headaches or feel low.