

Track your 2 day eating habits

09:45 Mon 7 Mar

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96%

Food consumed	Kilojoules	Major nutrients
Porridge: ½ cup of oats 1x banana Teaspoon brown sugar 1x cup frozen blueberries	972 kj	Carbs Sucrose
3x Cheese and vegimile scroll (homemade)	4271 kj	Carbs
200gram steak 2 washed potatoes 1cup of sauerkraut	2741 kj	Protein Carbs
Apple 2x carrots Bag of cashews	400 kj	Carbs

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Meals	Food consumed	Kilojoules	Major nutrients
Breakfast	Mango smoothie: -Protein powder -50grams mango -a banana -1/4 cup of oats 200ml milk full fat	1288kj	Calcium Fat Sucrose
Lunch	Ham sandwich	1684kj	Carbs Protein
Dinner	Steak, potatoes, and broccoli	2657kj	Protein 200 gram Carbs 100 gram
Snacks	3x muslie bar carmans 2x carrots Apple 2x banana	1307kj	Carbs Fruit

5 min task read this article:

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

Write a 50 word summary on:

Carbohydrates and proteins contain 4 kcal per gram. Fats contain 9kcal per gram. Carbohydrates are broken down into glucose which is the body's main source of energy. Protein is used to help the body grow and repair tissues. Fats are classed in 3 categories. Trans fats, saturated fats and unsaturated fats. Trans fats should be avoided, saturated fats should be reduced and unsaturated fats are healthy. Diet should be made from 45-55% carbohydrates, 10-35% proteins and 20-35% fats.

Kilojoules

What are they?

A kilojoules is a unit of measurement for energy.

How many Kilojoules are recommended for Australian Adults per day?

8700k

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

11,800. It varies according to gender.

Protein

What is its role in the body?

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

What foods do you find it in?

meat, poultry, fish, egg, milk

How many kilojoules in 1 gram?

16.7

Carbohydrates

What is its role in the body?

Carbohydrates are broken down into glucose which is the body's main source of energy .

What foods do you find it in?

Simple carbohydrates are found in honey, table sugar, syrup, agave nectar, molasses, milk/yogurt, and fruit.

Complex carbohydrates are found in rice, pasta, bread, and starchy vegetables

How many kilojoules in 1 gram?

16.7kj

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 integrity.

What foods do you find it in?

Trans fat found in margarine, shortening, baked goods, doughs, and fried foods.

Saturated fat found in fatty beef, lamb, pork, poultry with skin, lard, cream, butter, full fat cheese, and dairy

Unsaturated fat found in avocados, nuts and nut butters, seeds, olives, and oils

How many kilojoules in 1 gram?

Fat – 37.7 kj per 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?

It is below the recommended intake. I currently consume on average around 7000kj per day which is around 4000kj below the recommended intake for someone my age but due to my activity levels, It could be said that my intake is much too low.

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

I will maintain or drop weight if I keep eating the same amount of food long term as when I stop growing I will not need to eat as much. Currently I am maintaining weight which means my intake is perfect for my output.

How does my diet match up with:

Guideline 1:

I am at a healthy weight for my age and height so my diet is proficient for providing my body.

Guideline 2:

I believe that my diet is very balanced, however, i should increase the amount of fruits and vegetables to have more natural sugars and more fibre in my diet.

Guideline 3:

My diet consists of many saturated fats, salts and sugars. I should reduce intake of these things to have a healthy diet.

Guideline 5:

I eat fresh food for all meals and eat fresh produce for my snacks.

Discuss intake of:

Protein:

Why is it important?

Protein is essential to building bones, and body tissues, such as muscles

Fats:

Why is it important?

Fat helps the body absorb vitamin A, vitamin D and vitamin E.

Carbohydrates:

Why is it important?

Carbohydrates are the bodies main source of energy.

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

1. Don't eat sugar at night as it will get stored as fat cause I can't burn it off
2. Eat more fruits and vegetables to fit with guideline 2
3. Don't eat carbs in every meal, or at least eat a smaller amount, or complex carbs
4. Eat more kJ's a day to provide body with more fuel.