

Track your 2 day eating habits

DAY 1			
Meals	Food consumed	Kilojoules	Major nutrients
Breakfast	Two slices peanut butter toast	500	Protein, carbs
Lunch	Ham and cheese sandwich, apple, chips	1100	Protein, carbs, fats
Dinner	Chicken tenders, hot chips, salad	1800	Protein, carbs, fats
Snacks	1 protein bar	100	Protein

DAY 2		
Food consumed	Kilojoules	Major nutrients
Two slices peanut butter toast	500	Protein, carbs
Ham and cheese sandwich, apple, chips	1100	Protein, carbs, fats
Pizza	800	Carbs, protein, fats
2 biscuits	200	Carbs

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?

Kilojoules are a energy measurement spent or consumed.

How many Kilojoules are recommended for Australian Adults per day?

8700kj for an adult.

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

Ages 12-15 are recommended to have 8200-9900kj daily.

Protein

What is its role in the body?

To repair and build muscles

What foods do you find it in?

Meats, eggs

How many kilojoules in 1 gram?

17kj

Carbohydrates

What is its role in the body?

To use for energy and fuel for the body

What foods do you find it in?

Breads, rice, pasta, lollies cereal

How many kilojoules in 1 gram?

17kj

Fats

What is its role in the body?

For temperature and protection

What foods do you find it in?

Red meats, chips, advocado, nuts

How many kilojoules in 1 gram?

38kj

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 does not match up well as my daily kilojoule intake is 3500 but the recommended intake for my age is 8200.
What will happen if I keep eating the same amount of food long term? I will start to loose weight and become underweight I will also start to constantly feel like I have no energy.
How does my diet match up with:
Guideline 1: My diet includes a variety of food groups with a variety of macro nutrients
Guideline 2: Yes my diet does include many food varieties
Guideline 3: There are little saturated fats in my diet
Guideline 5: The food in my diet is cared for
Discuss intake of:
Protein: I usually have the daily recommended amount of protein but some days I don't have enough Why is it important? To repair and build muscles
Fats: I eat a sustainable intake of saturated fat and limit saturated fats in my diet Why is it important? To protect organs and help me stay warm
Carbohydrates: I have lots of carbs in my diet Why is it important? To give me energy for my days
Make 4 recommendations or changes to your diet and justify why?
1. Eat more food daily to reach the recommended daily intake for my age

2. Eat more fruits and vegetables
3. Consistently eat enough protein
4. Reduce amount of unsaturated fats

My current diet is not the recommended amount for my age group. The recommended amount is about 8500Kj, but there is only about 3500kj in the diet. If you eat this amount of food for a long time, you will lose weight because you are not eating near the recommended daily amount of kilojoules. For Dietary Guideline 1, the nutrients are diverse, but you are not eating the required amount of Kj. In my diet, I eat a variety of foods such as vegetables and fruits, red and white meats, and pasta. Also, because there is plenty of water, I comply with Guideline 2, but I do not eat colorful vegetables. The third guideline indicates that the diet should limit the intake of saturated fats and additional salts to foods directly or during cooking. Breastfeeding doesn't apply to me, and I'm really looking at my food. My diet usually consists of the recommended amount of protein. Protein is important because it helps repair and build muscle. My diet eats roughly the recommended amount of fat. Most of these fats are unsaturated and limit your diet to saturated fats. Fat is important because it protects the organs and keeps the body warm. I eat a lot of carbohydrates in my diet. Carbohydrates are important because they are the body's energy source. To improve your diet, eat more to get closer to the daily recommended amount of KJ, eat more various vegetables, reduce total fat mass, and remove saturated fat completely from your diet.