

Track your 2 day eating habits

DAY 1			
Meals	Food consumed	Kilojoules	Major nutrients
Breakfast	Banana, Mango, Strawberry smoothie 1 x Nutella Toast 2 x	Toast – 3,873 Smoothie - 1,506	Protein Carbohydrates
Lunch	Cob loaf - ham, cheese and cheese ½ x	2,389	Protein Complex Carbohydrates
Dinner	Chicken Patters Burgers 3 x	2, 385	Complex Carbohydrates Protein
Snacks	Green Apple 1 x Ice-cream	Apple – 396 Ice cream – 1,240	Carbohydrates Protein Saturated Fat



DAY 2		
Food consumed	Kilojoules	Major nutrients
Mango, Strawberry smoothie 1 x Nutella Toast 2 x	Toast - 2,260 Smoothie - 1,506	Protein Carbohydrates Saturated Fats
Toasted Ham and cheese wrap 3 x	2,378	Protein Carbohydrates
Silverside 3 x Broccoli Cauliflower Corn Carrot Peas	3,761	Protein Carbohydrates Unsaturated fats
Red Apple 1 x Mandarin 1 x	Apple – 396 Mandarin – 402	Protein Carbohydrates

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 the unit of energy measuring how much energy people get from the consumption of foods or drinks.

How many Kilojoules are recommended for Australian Adults per day?

8700 kJ

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

The recommended kilojoules for my age group is 10000kJ. This varies on how active the person is, their height weight and medical history.

Protein

What is its role in the body?

Repair and growth

What foods do you find it in?

Meat, eggs, oils

How many kilojoules in 1 gram?

17

Carbohydrates

What is its role in the body?

Energy

What foods do you find it in?

Glucose – simple - complex

How many kilojoules in 1 gram?

17

Fats

What is its role in the body?

Protection and warmth

What foods do you find it in?

Saturated fats-Takeaway, processed foods, chips Unsaturated fats-Avocado, nuts, legumes

How many kilojoules in 1 gram?

38

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?

10000 - 12000

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 keep my current weight while also participating in vigorous physical activity.

How does my diet match up with:

Guideline 1: To achieve and maintain a healthy weight, I need to be physically active and choose amounts of nutritious food and drinks to meet my energy needs.

Guideline 2: I should enjoy a wide variety of nutritious foods from vegetables, fruits, grain foods, lean meats and poultry, and dairy foods, and drink plenty of water.

Guideline 3: I limit the intake of foods containing saturated fat, added salt, and added sugars.

Guideline 5: I care for my food and prepare and store it safely.

Discuss intake of:

Protein: Protein is food from plant and animal sources such as meat and fish, eggs, dairy products, seeds and nuts and legumes like beans and lentils.

Why is it important?

Proteins are essential components of a healthy diet. It is important for growth and development. The body uses proteins to build block of bones, muscles, cartilage and skin.

Fats: 2 main fats include unsaturated and saturated. Too much of saturated fats is very unhealthy. Fats include butter, oils, meat, fish, nuts and some dairy products.

Why is it important?

The body uses fat as a fuel source and is the major storage form of energy in the body. Fats also help the body absorb vitamin A, D and E.

Carbohydrates: Carbohydrates are nutrients including fruits and vegetables, breads and grain products, sugar and sugary foods.

Why is it important?

Carbohydrates provide energy and is our body's main fuel sources. It is best to eat carbohydrate-rich foods that are healthy and full of dietary fibre as it provides health benefits.

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

1. Eat a wider variety of nutritious foods.
2. Choose carbohydrate-rich foods that are healthy and full of dietary fibre.
3. Eat less or reduce the amount of saturated foods.
4. Have protein in each major meal (breakfast, lunch and dinner).

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