

Track your 2 day eating habits

DAY 1			
Meals	Food consumed	Kilojoules	Major nutrients
Breakfast	-uncle toby's oatmeal -honey -strawberries -vanilla yoghurt	2,355	Fats: 15g Proteins: 20g Carbohydrates: 80g
Lunch	-honey mustard pasta	1,249	Fats: 20g Proteins: 45g Carbohydrates: 100g
Dinner	-white rice -broccoli/other alternative vegetables -chicken	3,121	Fats: 25g Proteins: 60g Carbohydrates: 90g
Snacks	-3 bananas -2 muesli bars -2 PB & honey whole grain wraps -strawberries -vanilla yoghurt -protein shake (musashi)	5,359	Fats: 20g Proteins: 70g Carbohydrates: 50g

DAY 2

Food consumed	Kilojoules	Major nutrients
-uncle toby's oatmeal -honey -strawberries -vanilla yoghurt	2,355	Fats: 15g Proteins: 20g Carbohydrates: 80g
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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 (or Calorie) is a unit of energy. In Australia, we use kilojoules (kJ) to measure how much energy people get from consuming a food or drink. Foods that are high in fats, added sugars or alcohol are by far the highest in kilojoules.

How many Kilojoules are recommended for Australian Adults per day?

The General Australian adults consumes approximately 8,700 kilojoules per day.

How many kilojoules for your age group is recommended? Does it vary according to anything? The recommended amount of kilojoules for a fifteen year old boy is 11,800 per day. This can vary though depending on factors such as size and medical conditions.

Protein

What is its role in the body?

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

What foods do you find it in?

Protein rich foods include meat, poultry, fish, egg, milk, cheese, or other types of animal by-product foods.

How many kilojoules in 1 gram?

There are 16.7 kilojoules in 1 gram of protein.

Carbohydrates

What is its role in the body?

Carbohydrates are eventually broken down into glucose, which is the main energy source for your body.

What foods do you find it in?

Carbohydrates can be found in foods such as pasta, honey, vitamins, minerals, vegetables, rice and table sugar.

How many kilojoules in 1 gram?

There are 16.7 kilojoules in 1 gram of 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 integrity.

What foods do you find it in?

Fat can be found in foods such as margarine, baked goods, dough, fried foods, beef, pork, lamb poultry with skin, cream dairy and fish.

How many kilojoules in 1 gram?

There are 37.7 kilojoules in 1 gram of fat.

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 kilojoules intake for my age (15 year old boy), is 11,800 kilojoules which is near to my daily intake	
What will happen if I keep eating the same amount of food long term?	
If i continue to eat the same amount of food long term, I would either put on a lot of weight or maintain the same depending on how much i continue to train/exercise.	
How does my diet match up with:	
Guideline 1:	Guideline 1 talks about how children and adults should feed themselves beverages and food that are going to help meet energy needs. My diet aligns with that as I intake the right amount of proper nutrients to help me match my energy levels.
Guideline 2:	Guideline 2 talks about how a wide variety of all food groups should be eaten daily in ones diet intake. This aligns with my diet as i intake at least one of each food group daily.
Guideline 3:	Guideline 3 touches on limiting the intake of foods containing saturated fat, added salt and any added sugars and alcohol. This aligns with my diet as i eat lean meat as well as no extra added salts and sugar in majority of my food.
Guideline 5:	Guideline 5 touches on ensuring that you store your food safely after preparation. This aligns with my diet as all my lunches and dinners are made at the start of the week and stored safely in containers in the fridge.
Discuss intake of:	
Protein:	
Why is it important?	Protein intake is important as they are made up of amino acids, which are significant to building and repairing muscles and bones as well as producing hormones and enzymes.
Fats:	
Why is it important?	Fat intake is important as it is a source of essential fatty acids which the body cannot produce itself.
Carbohydrates:	
Why is it important?	Protein intake is important as it is essential for a good and healthy diet. As well it is the body's preferred energy source
Make 4 recommendations or changes to your diet and justify why?	
1.	greek yoghurt instead of normal vanilla as further enhances immunity and improves bone and muscle strength/health

2. more vegetables in my diet as they are great source of good nutrients and help often prevent any medical/ chronic diseases
3. lessened intake of honey as it contains added sugar
4. trying to eat more protein within my foods instead of the implementation of a daily protein shake as foods are a better source