Food Log for a week

Day 1: 7/9/14

Breakfast 7:00: 1 C milk, 1 egg, 1 tsp brown sugar, 0.5 C raspberries, 1/3 C oatmeal, 2 piece bread

Lunch 1:00: 3 oz chicken, 0.5 C tomatoes, 0.5 yellow bell pepper, 0.25 C red Onion, 1 flour tortilla, 0.5 C blackberries, soda

Size is crucial - tortillas have a lot of calories. 6"? 8"?

Dinner 7:30: 5 asparagus stalks, 3 0z chicken, 1 C raspberries, 1 tsp ranch, 2 T red onion, apple, 1 string cheese, 1 tsp cooking oil

Day 2: 8/9/2014

Breakfast 7:00: 1 C milk, I tsp brown sugar, 1 egg, 0.5 C raspberries, 1/3 C oatmeal

Lunch 1:30: 0.25 C quinoa, 1 C cantaloupe, 3C spinach, 3 oz salmon, 1 T sesame ginger dressing, 0.5 C tomatoes, 1 oz Havarti cheese

Dinner 8:00: 1 oz mozzarella, 1 flour tortilla, 2 T red onion, 3 oz chicken, 1 T salsa, 0.5 red bell pepper, 2 glasses of water

Day 3: 9/9/2014

Breakfast 6:00: 2 eggs, 1 orange, 1 oz cheddar, 1C milk, 1 tortilla

Lunch 12:30: 1 C broccoli, apple, 2 C spinach, 0.5 C cottage cheese, 0.25 C quinoa, 3 oz salmon

Dinner 8:00: 1 string cheese, 3 oz chicken, 1 flour tortilla, 2 T red onion, 0.5 red bell pepper, 1 T salsa

Cardiovascular Disease Risk Assessment

I am a 26 year old female non-smoker with total cholesterol of 200, with untreated systolic pressure of 100, and HDL cholesterol of 50. The score would be 1. This means that I have a less than 1% risk of cardiovascular disease in the next 10 years.

Incomplete. See the assignment.

Questions to interpret the results

Total calories for the day = 2494

Carbohydrates

1. Acceptable Macronutrient Distribution Ranges (AMDR) is 45-65, will use 50%

   Daily Values (DV) for carbohydrate intake is 300 g Report 2. See Table 2.2 on page 44.

2. Calories of carbohydrates that I should consume in my daily intake = 1000 calories

3. It did and exceeded, my daily intake is 1245 calories, yet the accepted daily intake is 1000 calories

4. RDA for carbohydrates is 520 calories. Since my intake is 1245 calories, then my daily intake is excess of the RDA by 745 calories. 2136 according to the Nutrient Report.

5. DV for fiber is 31 g

6. Recommended daily fiber is 25 g 11.5 gm/1000 Calories

7. My fiber DV meets the recommended DV and exceeds it by 6 g

   DV is 11.5 X 26 = 30 gm

$$\begin{array}{r} 11.5 \\ 26 \\ \hline 690 \\ 230 \\ \hline 299.0 \end{array} \simeq 30 \text{ gm}$$

Lipids

1. Acceptable Macronutrient Distribution Ranges (AMDR) is 20-35 (30), Daily values for total fats, saturated fats, and cholesterol = 65 g, 20 g, 300 mg respectively

   30% EER 10% EER <300 mg

Komal, you need to type your answers to Homework each question in the assignment in the Word document.
your answers need to be more detailed.

50%

2. my intake is higher than the DV
3. 747 calories
4. My total fat intake is 747 calories, while that from 2000 calories is 600 calories, implying that my intake is higher than the DV
5. My saturated fat intake is 124 calories, while the recommended is 100 g. It exceeds it by about 24 calories.

Sat Fat 10% EER. 10% * 2000 = 200 Cal.
your intake was 15% Calorie intake, so your intake exceeds the Daily Value recommended.

6. High content of saturated fat is associated with high cholesterol in the boy as well as coronary heart disease.
7. My intake of cholesterol is higher the recommended DV

Tell what your intake was, what the DV is, and then draw a conclusion.

8. Risks of high cholesterol intake include arteriosclerosis, heart attack, diabetes, and high blood pressure.
9. Whole milk, cheese, butter, ribs, and potato.
10. Linoleic acid refers to a omega-6 fatty acids, which is a polyunsaturated fatty acid. It is a weight loss supplement. My intake was lower than the recommended.

11, 12, 13, 14, 15, 16.

Proteins 6/8 75%

1. Acceptable Macronutrient Distribution Ranges (AMDR) and the Daily Values (DV) for intake of protein are 30-35 and 50 g respectively. DV is a percent of the EER.
2. My protein intake is 400 calories.
3. Number of grams = 100 g
4. My protein intake is higher than the recommended daily intake, this is because I included proteins in most of the meals that I consumed. ← Use punctuation.
5. My protein meet and exceed the AMDR and DV recommendations

6. My recommended gram of proteins is 47 and the recommended value is 50, my value is a little lower than the recommended.

7. Excess proteins is converted into fat or used to produce energy

8. –

50%

Digestion and absorption of complex food item

In the daily food intake that I used to make myplate, a complex food that has several macronutrients is milk. The macronutrients that are present in milk include protein and carbohydrates and fat. Proteins are digested in two phases, which include the stomach and the small intestines. In the stomach, pepsinogen and hydrochloric acid produced interact thus leading to the creation of pepsin, which is an enzyme involved in the digestion of proteins. Digestion of proteins takes place through the process of hydrolysis by the enzymes. Hydrochloric acid takes part in breaking peptide bonds, and then the proteins will be disintegrated to amino acids. In the stomach, pepsin a gastric enzyme takes part in the digestion of collagen ? Not in the stomach. See the text.

In the small intestines, the digestion of protein is carried out by chymotrypsin and trypsin that are secreted by the pancreas. The digestion of the proteins proceeds from the stomach to the duodenum. Trypsin further breaks down proteins to form amino acids. After the digestion, proteins are absorbed into the blood stream in form of amino acids through the capillaries.

proteins are not absorbed. This is very important. Amino acids are absorbed.

Digestion and absorption of Carbohydrates

The carbohydrate content in milk is lactose, which is a disaccharide that is ~~constituted by~~ composed of galactose and glucose. Lactose is digested in the small intestines through the action of enzyme lactase that breaks down lactose to glucose and galactose, which will then be absorbed into the body for metabolism.

How are these 2 sugars absorbed?

You need to tell how fats are emulsified and digested for absorption.

– What absorption takes place in the large intestine?

50%

Evaluation of nutritional fact panel

1. Calories in the entire container = 130
2. Grams of carbohydrate = 24 g, 96 calories
3. Daily value of carbohydrates = 300 g 60% EER
4. In #2 above, the calories of carbohydrates was 96, which is the same
5. Dietary fiber contributes to the calories of the food
6. Dali value for dietary fiber = 25 11.5 gm / 1000 Cal
7. Calories of the protein in the food = 16 calories
8. Daily value of calcium is 1000 milligrams
9. The amount of calcium in the serving of this food = 350 mg