

1.) Nutrition Assessment

I am twenty-one years old, five feet nine inches tall, and I weigh one hundred and thirty five pounds. My full-time occupation is a student and I also have a part-time job working at the Chico State Bookstore. My BMI is twenty which is considered “healthy”. My weight has stayed right around the same for the last three years. I don’t think there’s been hardly any change and if there was it would be an increase in a few pounds. I don’t have any health conditions that influence my diet. I have not had any blood testing done recently. I don’t consistently take supplements; a few days a week I take a multi-vitamin if I feel I haven’t gotten all of the nutrients I need, but it is not everyday.

My estimated energy requirement is 2422 kcals/day. The calculation for finding the EER for women is: $354 - (6.91 \times \text{age}) + \text{PA} \times (9.36 \times \text{WT} + 726 \times \text{HT})$. My personal equation is: $354 - (6.91 \times 21) + 1.2 \times (9.36 \times 61.3 + 726 \times 1.75)$ which equals 2422. My average calorie intake is less than my recommended energy requirement. Two out of my three days I had a low total calorie intake which dropped my average. I think that my eating patterns vary quite a bit from day to day. It all depends on what is happening that day for example; if I have money that I want to spend on food, if it is a completely hectic day, if I am bored, etc...The diet I recorded was very typical for me, yet I have not been losing weight so I must make up for those extra calories on other days. I am meeting my protein needs, my average over the three days was only 4 grams less than the DRI. I met all the RDA or AI for micronutrients except vitamin E and vitamin C. On average I only consumed 33% of my DRI for omega-3 and 65% for omega-6. The ratio of omega-6 to omega-3 on average was 7.78/37. I consume a much greater amount of omega-6 than I do of omega-3.

I was within the range of all the recommended guidelines except for carbohydrates. On average I consumed 66% and the recommendation was 45-65%, so I was a little over. I was very low on cholesterol which isn't a bad thing, and on all the others I was right in the middle. After analyzing the MyPyramid results I was very disappointed in my diet. I was good on grains and I consume ½ as whole grains, I was extremely short on fruits and vegetables and I didn't consume much at all of the green and orange subgroups. I was also short on milk which surprised me since I have cereal every day but not surprised that I was short in meat and beans. To top it off I was extremely over on the discretionary calories! I feel like a few of the food items were nutrient dense but I know that I could improve in order to decrease my discretionary calories and increase a few of the other categories. Most of my discretionary calories came from my snacks like the pop tarts and M&M's.

I learned a lot about my food behavior including that I need to plan better about bringing snacks to school. When I do buy snacks I need to purchase something that is more nutrient dense and possibly more expensive compared to something cheap and unhealthy. I have always known these things yet really breaking down my entire diet and shown me exactly what I need to fix.

2.) Nutrition Diagnosis

(P) inadequate vitamin C intake **(E)** low amounts of fruits and vegetables consumed

(S) an average of 52 mg/day consumed when RDA is 75 mg/day

(P) inadequate vitamin E intake **(E)** low intake of nuts and fruits and vegetables **(S)** an average intake of 4.95 mg/day and RDA is 15 mg/day

3.) Nutrition Intervention

The top priority for me is the increase my fruit and vegetable consumption. Not only will I increase the amounts vitamin C and vitamin E I will be getting, but it will increase the amount of antioxidants and other beneficial nutrients that I will get in my diet. I do not think I should take supplements because I know that I can reach these goals without them. If someone really didn't like fruits and vegetables or couldn't afford them then I might recommend a supplement but I love fruits and vegetables. I also need to increase fruit and vegetable consumption in order to replace some of the discretionary calories that I am getting so it will help me in two areas of my diet. I am consuming enough whole grains and fiber in my diet. In the last year I have really tried to only buy whole grain bread which has helped the amount of fiber I am getting, but I think there could always be improvement and aspects of my diet I could change in order to improve both. Varying my sources of fruits and vegetables I think is an important part for me to improve on. I get in habits and I buy what is easy and comfortable, switching between different fruits and vegetables and trying new ones will improve the quality of my diet. I have done a diet project before but I feel that I learned the most doing this one. I recorded a very accurate diet record and now that I have learned new information about the benefits of all the macro and micronutrients it took on a new importance. After analyzing the results it really motivated me to work on improving my diet and increasing the nutrients it showed I was low on. The major changes that I need to make are increasing fruit, vegetable, and milk consumption and decreasing my discretionary calories. I know that I can do this by; packing snacks to school, eating regularly, being more aware of what I am eating, and varying the fruits and vegetables I consume.