

### 3-Day Food Record Day 1

Name: Kendra Gallegos      Date: 11/12/2016      Day of Week: M T W Th F **Sa** Su

Age: 33    Height: 5'9"    Weight: 165 lbs.    Activity Level\*: Moderately Active

TIME	FOOD/BEVERAGE	BRAND/SOURCE	PREPERATION	AMOUNT
05:45	EGG WHITES	OAKDELL	OMELET	3
05:45	SHARP CHEDDAR CHEESE	HARMONS	SHREDDED, OMELET	1 OZ
05:45	GARLIC	FRESH	MINCED, OMELET	1 CLOVE
05:45	BABY PORTABELLA MUSHROOM	FRESH	CHOPPED, OMELET	2 TBSP
05:45	YELLOW ONION	FRESH	CHOPPED, OMELET	1 TBSP
05:45	SPINACH	FRESH	CHOPPED, OMELET	4 LEAVES
05:45	HOT CHUNKY SALSA	PACE PICANTE	OMELET	¼ C
05:45	COFFEE	FOLGERS	BREWED	1 C
05:45	HAZELNUT CREAMER	COFFEE-MATE	REFRIGERATED, COFFEE	2 TBSP
07:00	3.5 MPH, 5.5 MPH, 3.5 INCLINE INTERVAL	45 MINUTES	TREADMILL	
07:00	WATER	TAP		3 C
08:00	WATER	TAP		1 C
09:00	WATER	TAP		1 C
10:00	WATER	TAP		1 C
11:00	WATER	TAP		1 C
12:00	SPINACH	FRESH	SALAD	1 C
12:00	CHERRY TOMATOES	FRESH	HALVED, SALAD	½ C
12:00	PURPLE ONION	FRESH	CHOPPED, SALAD	¼ C
12:00	SHARP CHEDDAR CHEESE	HARMONS	SHREDDED, SALAD	2 OZ
12:00	BALSAMIC VINEGAR	POMPE	BLENDED W/OLIVE OIL	3 TBSP
12:00	OLIVE OIL	POMPE	BLENDED W/BALSAMIC	1 TBSP
12:00	WATER	TAP		1 C
13:00	WATER	TAP		1 C
14:00	WATER	TAP		1 C
15:00	WATER	TAP		1 C
16:00	WATER	TAP		1 C
17:00	WATER	TAP		1 C
18:00	VEGETARIAN PIZZA	PIZZA HUT	RESTAURANT	1 SLICE
18:00	SODA	COCA-COLA	BOTTLED	1 C
19:00	WATER	TAP		1 C
20:00	WATER	TAP		1 C
21:00	WATER	TAP		1 C

### 3-Day Food Record Day 2

Name: Kendra Gallegos      Date: 11/15/2016      Day of Week: M  W Th F Sa Su

Age: 33    Height: 5'9"    Weight: 165 lbs.    Activity Level\*: Moderately Active

TIME	FOOD/BEVERAGE	BRAND/SOURCE	PREPERATION	AMOUNT
13:00	CEREAL	RAISIN BRAN	PACKAGED	1 ½ C
13:00	1% MILK	KROGER	REFRIGERATED	1 C
13:00	COFFEE	FOLGERS	BREWED	1 C
13:00	HAZELNUT CREAMER	COFFEE-MATE	REFRIGERATED, COFFEE	2 TBSP
14:00	WATER	TAP		1C
15:00	WATER	TAP		3 C
16:00	WATER	TAP		1 C
16:30	3.5 MPH, 5.5 MPH, 3.5 INCLINE INTERVAL	45 MINUTES	TREADMILL	
16:30	WATER	TAP		4 C
18:00	1% MILK	KROGER	REFRIGERATED	1 C
18:00	SPINACH	FRESH	SALAD	1 C
18:00	CHERRY TOMATOES	FRESH	HALVED, SALAD	½ C
18:00	PURPLE ONION	FRESH	CHOPPED, SALAD	¼ C
18:00	SHARP CHEDDAR CHEESE	HARMONS	SHREDDED, SALAD	2 OZ
18:00	BALSAMIC VINEGAR	POMPE	BLENDED W/OLIVE OIL	3 TBSP
18:00	OLIVE OIL	POMPE	BLENDED W/BALSAMIC	1 TBSP
19:00	WATER	TAP		1 C
20:00	WATER	TAP		1 C
21:00	WATER	TAP		1 C
00:00	WATER	TAP		1 C
00:00	CHIPOTLE BLACK BEAN PATTY	MORNING STAR	MICROWAVED	1 PATTY
00:00	BEEFSTEAK TOMATO	FRESH	SLICED	5 OZ
00:00	PURPLE ONION	FRESH	SLICED	2 OZ
00:00	SHARP CHEDDAR CHEESE	HARMONS	SLICED	1 OZ
00:00	WATER	TAP		3 C
03:00	STATIONARY BICYCLE	30 MINUTES	LIGHT ACTIVITY	
03:00	WATER	TAP		2 C
05:30	WATER	TAP		2 C

### 3-Day Food Record Day 3

Name: Kendra Gallegos      Date: 11/17/2016      Day of Week: M T W  Th F Sa Su

Age: 33    Height: 5'9"    Weight: 165 lbs.    Activity Level\*: Moderately Active

TIME	FOOD/BEVERAGE	BRAND/SOURCE	PREPERATION	AMOUNT
13:00	CEREAL	RAISIN BRAN	PACKAGED	1 ½ C
13:00	1% MILK	KROGER	REFRIGERATED	1 C
13:00	COFFEE	FOLGERS	BREWED	1 C
13:00	HAZELNUT CREAMER	COFFEE-MATE	REFRIGERATED, COFFEE	2 TBSP
14:00	WATER	TAP		1C
15:00	WATER	TAP		3 C
16:00	WATER	TAP		1 C
16:30	3.5 MPH, 5.5 MPH, 3.5 INCLINE INTERVAL	45 MINUTES	TREADMILL	
16:30	WATER	TAP		4 C
18:00	SODA	COCA-COLA	BOTTLED	16.9 OZ
18:00	CHIPOTLE BLACK BEAN PATTY	MORNING STAR	BAKED	1 PATTY
18:00	BEEFSTEAK TOMATO	FRESH	SLICED	5 OZ
18:00	PURPLE ONION	FRESH	SLICED	2 OZ
18:00	SHARP CHEDDAR CHEESE	HARMONS	SLICED	1 OZ
18:00	SPICY MUSTARD	HEINZ	BOTTLED	2 TBSP
18:00	TATER TOTS	ORE IDA	BAKED	20 PIECES
20:00	WATER	TAP		1 C
03:00	STATIONARY BICYCLE	30 MINUTES	LIGHT ACTIVITY	
03:00	WATER	TAP		1 C
05:30	WATER	TAP		2 C
06:30	EGG WHITES	OAKDELL	OMELET	3
06:30	SHARP CHEDDAR CHEESE	HARMONS	SHREDDED, OMELET	1 OZ
06:30	GARLIC	FRESH	MINCED, OMELET	1 CLOVE
06:30	HOT CHUNKY SALSA	PACE PICANTE	OMELET	½ C

#### 1) Calories

- a) **Do I think the recommended calories are accurate to meet my diet and exercise needs? Did I consume more or less than recommended?**

After doing this project I do feel that the recommendations are within my needs. I can see that I am not getting nearly enough nutritional intake in calories and that may be a reason why I am excessively tired. This also may be the reason as to why I am finding it more difficult to train for the competitions I participate in every year.

## 2) Macronutrients

- a) **List the actual amounts I consumed and the recommended amounts of each for the average of the three days.**

Protein - AVG: 49.83 REC: 59.87

Carbohydrates - AVG: 129.37 REC: 321.15

Fat - AVG: 50.84 REC: 72.66

- b) **Was I above or below the recommended amounts of each?**

I was below all three.

- c) **List three foods that would help increase EACH of them.**

Protein: pistachios, quinoa and chia seeds

Carbohydrates: whole grain bread, apples and bananas

Fat: avocados, oils and almonds

## 3) Micronutrients

- a) **List the vitamins and minerals I was below the DRI Goal on my bar graph.**

### Vitamins

Vitamin A - RAE (mcg) AVG: 422.34 REC: 700.00

Vitamin B1 - Thiamin (mg) AVG: 0.66 REC: 1.10

Vitamin B3 - Niacin (mg) AVG: 10.54 REC: 14.00

Vitamin B12 (mcg) AVG: 2.36 REC: 2.40

Vitamin C (mg) AVG: 31.36 REC: 75.00

Vitamin D - mcg (mcg) AVG: 2.31 REC: 15.00

Vitamin E - Alpha AVG: 2.91 REC: 15.00

Folate (mcg) AVG: 229.92 REC: 400.00

### Minerals

Calcium (mg) AVG: 966.55 REC: 1,000.00

Iron (mg) AVG: 11.02 REC: 18.00

Magnesium (mg) AVG: 176.94 REC: 320.00

Phosphorus (mg) AVG: 583.35 REC: 700.00

Potassium (mg) AVG: 1,767.67 REC: 4,700.00

Sodium (mg) AVG: 2,216.56 REC: 2,300.00

Zinc (mg) AVG: 3.90 REC: 8.00

- b) **Choose 3 that I was below the recommendations and list 3 foods that would help increase EACH of them.**

Vitamin A: eggs, carrots and broccoli

Vitamin C: oranges, strawberries and kiwi

Vitamin E: almonds, sunflower seeds and pumpkin seeds

**4) Fluid & Fiber**

- a) Did I meet the water and fiber recommendations? What were my recommended water intake and actual intake?**

I did not meet the recommendations of fiber. My recommended water intake was 2700 g and my actual was 3692.69 g.

- b) List three foods that are good sources of fiber.**

Black beans, popcorn and brown rice

**5) MyPlate**

- a) How did my intake compare to the recommendations for EACH food group according to MyPlate?**

I was at 35% on grains, 0% on fruits and 27% on proteins.

**6) Would I recommend this website/program to others?**

I most certainly would recommend both to others. I knew that I struggled in some areas but I had no idea that it was as bad as it was. It all gives perspective on what changes need to be made and a simple approach to fixing them.

**7) BMI**

- a) What is my BMI?**

BMI: 24.4

- b) What category does my BMI fall in to?**

I fall in to the normal category which is 18.5 to 25.0

- c) Do I feel BMI accurately reflects my health and body weight?**

I feel BMI gives a base line for those with limited knowledge. I personally do not care for BMI assessments but rely more on body fat analysis, my own strength and how I feel overall.

**8) Summary**

- a) Based on what I learned from the analysis of my 3-day food record, what are 3 improvements I could make to my diet?**

I definitely need to incorporate more fruit, grains and carbohydrates in to my daily nutritional intake.

**b) List 3 ways I plan on implementing each of these changes.**

I can implement fruits in to my cereals and salads. I could also start taking advantage of snack times and have fruits then. I can include more breads and pastas in to my meals to better meet my grain needs. Doing the two previously recommendations I made would naturally increase my carbohydrate needs.