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In: Science Three Day Diet Analysis Three day diet analysis SCI/241 11/5/2012 Staying healthy is a hard thing to do, especially when you do not really have the time or motivation to pay attention to what you eat.

My Diet Analysis / SpecialEssays.com Diet Analysis Report Instructions. Write a diet analysis of your 3 day diet using your 3 Day Average from your diet analysis program. 1. Compare your nutrient intake to your goal. 2. Identify each nutrient that you had more than 20% excess or 20%. deficient of your goal. This means that every nutrient with an intake below 80% or above 120% should be part of your written analysis. 3. Dietary Analysis Report Essay Sample A balanced diet is a good way to change one's health for the better. However, it is necessary to examine all major components of this diet to keep it in a proper way. According to the latest researches, a balanced diet has the following basic components: fruits and vegetables, and wholegrain (Goodrow 205). *Nutrition Diet*

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My findings were somewhat surprising, showing me on paper just exactly how unhealthy my eating habits are. My diet analysis gave me just the motivation I needed to fully make a change within my everyday diet. Overall, it is very clear that I need to make some changes within my diet on a daily basis in order to become fit and healthy. My results from my 3 day recall shocked me slightly, because I didn't realize how little I ate, but how unhealthy many of my food choices were.

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My findings were somewhat surprising, showing me on paper just exactly how unhealthy my eating habits are. My diet analysis gave me just the motivation I needed to fully make a change within my everyday diet. Overall, it is very clear that I need to make some changes within my diet on a daily basis in order to become fit and healthy.

Three Day Diet Analysis - Term Paper
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They're many different nutrients, minerals, and vitamins you have to take in to maintain a healthy diet. The nutrients in my diet I have to improve on are, eating higher protein, and fiber foods. But also take in less sodium and fat. Minerals and Vitamins are also a very important thing in your diet.

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Diet analysis research paper

The analysis showed that my average intake of proteins was about 1.5 times higher a day than the recommended daily intake that was 70.5 g and 46 g a day respectively. At the same time, the average intake of calcium is lower than the recommended index, particularly 867 mg per a day compared to 1000 mg a day those recommended.

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