**Dietary Analysis Project-Part I**

**Part I: Food Recall**

**Interview Process**

Interview an adult you know (spouse, friend, and neighbor) and obtain a 24-hour food recall from this person. You will need to record their **gender, height, weight, age, and activity level.**

**Gender: Male**

**Height: 5ft 6in**

**Weight: 190**

**Age: 40**

**Activity Level: Minimal**

If you use a subject other than yourself, you will need to do this as an interview. It should only take 15 to 20 minutes to complete. Ask the following questions.

* At what time did you first have something to eat or drink?

**At around 10:30 am I woke up and had a glass of water.**

Please tell me what you had to eat or drink, complete with product/brand names (if they can remember) and portion sizes. Keep track of this information, making sure you have them use standard measurements. Being as detailed as possible is essential.

**11:45 am: Breakfast-I had a bacon egg and cheese sandwich on whole wheat bread.**

**4 slices of bacon**

**1 large egg fried**

**1 slice of Kraft singles cheese**

**2 slices of Sara Lee whole wheat bread**

**12 Oz of water**

**2:30 pm: Snack-1/2 Peanut Butter and Jelly Sandwich**

 **1 slice of Sara Lee whole wheat bread**

 **2 TBSP of Essential Everyday Fun Stripes Strawberry**

 **8 Oz of water**

**4:00pm: Snack**

 **Banana**

 **8 Oz Essential Everyday Vanilla Almond Milk**

**5:30 pm: Lunch-BBQ chicken, greens, and rice.**

 **2 Chicken legs**

 **1 cup of Glory kale greens**

 **½ cup white rice**

 **8oz of Water**

**10:00 pm: 1 cup of coffee**

 **12oz cup of Maxwell house 2oz of French Vanilla creamer and 1 TBSP sugar**

**2:30 am: Dinner-Turkey sandwich**

 **4 Oz turkey breast**

**Two slices of Sara Lee whole wheat bread**

**1 ½ TSP of mustard**

**1 Oz bag of Nacho Cheese Doritos**

**12 Oz of Water**

**Predictions**

Based on the subject’s food recall, my prediction is that his food intake is lacking the fruits and vegetable food group. Moreover, his food recall exceeds the recommended serving proportions. Due to his lack of an active lifestyle, I resonate that he is likely to gain a lot of weight, thus, making him obese. Additionally, after observing the subject’s food recall, I reckon that he is not having a balanced diet because he seems to be consuming more carbohydrates, for example, a whole wheat bread as compared to other foodstuffs on his menu.

I presume that the subject should avoid eating foods that contain high volumes of energy. For that reason, the subject should consider eating meals, which have a lesser amount of energy, such as vegetables and proteins (Deshpande, Basil, & Basil, 2009; Schwartz, Scholtens, Lalanne, Weenen, & Nicklaus, 2011). Conversely, the subject should avoid consuming excess starch or carbohydrates, for instance, white bread and rice. Additionally, I reckon that the subject should avoid the consumption of disproportionate dairy products, such as Vanilla Almond milk. I suggest that the subject should elude the ingestion of large volumes of junk food in his diet plan, such as Nacho Cheese Doritos.

In conclusion, the subject should consider implementing the suggestions mentioned earlier as a way of improving his diet. For example, the subject can advance his nutrition by eating extra fruits, for example, mangoes and oranges. Moreover, the subject should enroll for physical education classes so that he staves off the fear of becoming obese. Accordingly, the subject should search for healthy eating tips online.

**References**

Deshpande, S., Basil, M. D., & Basil, D. Z. (2009). *Factors influencing healthy eating habits among college students: An application of the health belief model.*Health Marketing Quarterly, *26*(2), 145-164.

Schwartz, C., Scholtens, P. A., Lalanne, A., Weenen, H., & Nicklaus, S. (2011). *Development of healthy eating habits early in life. Review of recent evidence and selected guidelines.*Appetite, *57*(3), 796-807.