

## DIET PROJECT NARRATIVE

---

I am 22 years old, I am five feet five inches tall and I weigh 174lbs. My BMI is 29, which means I am right on the edge of being overweight. In the last six months, I have been gradually gaining weight for a few reasons. I sustained a knee injury and while I have been going to physical therapy and it is improving, I still find it harder to exercise than I used to, and as a result, I find myself exercising less. I also turned 21 just over a year ago, and the freedom to drink alcohol whenever I want has definitely contributed to a gradual increase in my weight.

While I do not intend to become pregnant, I take a prenatal vitamin and mineral supplement every day. I am an avid label reader, and I have found that generally prenatal supplements are the only ones I can find that do not have ridiculously high (and potentially dangerous) amounts of certain vitamins. I take a flaxseed oil supplement every day as well, to compliment my diet. While I generally eat an adequate diet, I have decided to take a vitamin and mineral supplement for a few reasons. I do not eat dairy products (as recommended by my doctor) because consuming dairy tends to exacerbate my frequent headaches. For this reason, I need the extra calcium the vitamin and mineral supplement provides. I also have iron deficiency anemia, so taking the supplement assures that I get adequate amounts of iron in my diet. I also take Sertraline HCL and Elavil for anxiety and depression, and Midrin for migraine headaches.

$$\text{EER} = 354 - (6.91 \times 22) + 1.00 \times (9.36 \times 79.1 + 726 \times 1.65)$$

My EER is 2140.26. My EER is 171 kcals more than my average intake over the three days, and like most Americans, I exceeded my RDA for protein. In most of the micronutrient categories, I reached at least the adequate intake level. In my weekly average, there were a few nutrients that were lacking (Vitamin D, Vitamin C, etc.), but those few nutrients were made up for in the vitamin and mineral supplement I take each day. I also take a flaxseed oil supplement to get more omega-3 fatty acids in my diet since I rarely eat fish. The program I used does not tell me how many omega-3's vs. omega-6's I consume, but I try to use only healthy oils in my cooking and include fish or flax whenever I can.

During the days that I recorded, my diet was definitely lacking in fruits and vegetables. I also do not consume dairy products, so I came nowhere near meeting that recommendation. My distribution of kcals is pretty much on par with what it should be. My kcal percentage from saturated fat was a little high and my kcal percentage from carbohydrates was a little low. I also exceeded the recommendation for cholesterol, but as a whole, my distribution was not too bad. I would say that definitely at least half of my grains were whole grains, but in the days I recorded, I did not consume nearly as many vegetables as I normally do. My vegetable and fruit intakes were severely lacking and variety was virtually non-existent. I made some nutrient dense choices, but there were also times when I could have chosen better foods. I do not have much of a sweet tooth but I do love beer, so most of my discretionary calories came from alcohol.

I love cooking, eating, and everything that has to do with food. I know that I am an emotional eater, but I do not discriminate with my emotions. I celebrate with food when I am happy but I also use food as a comfort when I am down. I am currently trying to break the bond between emotion and food as a project for one of my other classes, but it is hard and I am not quite there yet as reflected in my records.

After looking at my original nutrition assessment and diet records for the three days, I would say that the most obvious nutrition diagnosis is that I am overweight and experience involuntary weight gain.

(P) Overweight/ involuntary weight gain (E) related to intake of energy-dense food options (S) as evidenced by high BMI (29- at risk for obesity), low fruit and vegetable intake, high fat and calorie intake.

I know I need to work more fruits and vegetables into my diet, possibly in place of some of the protein. I also think I need to lower my overall fat consumption because while my percentage of kcals from fat still falls within the guidelines, it is at the higher end and could be improved. Lowering my fat and protein intakes would bring down my cholesterol intake since cholesterol comes from the same animal based products. I try to keep most of my grains whole grains to bump up nutrient density and fiber intake but there is still room for improvement. I know that gradually increasing my physical activity (while being careful not to re-injure myself) will keep me on the right track and motivate me to make better choices in the foods that I eat. I always knew that I did not eat the best, but doing this project has opened my eyes to many specific areas in which I could possibly (and plan to!) make improvements gradually.