Fitness and Conditioning 11 – Reflections on My Food Diary

1. Looking at your completed food diary, identify 2-3 foods you have eaten that are:
2. Primarily Carbohydrates: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Primarily Proteins: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Contain Good Fats: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Contain Bad Fats: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Antioxidants: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Highly Processed Foods: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Foods in their natural state: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. Foods containing fiber: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. High in added sugars: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. Fluids that were not milk or water: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. Pick your best day of eating from the ones you recorded to answer the following:
13. It is recommended that people eat at least 3 times in the day. How many did you eat?
14. It is recommended that meals contain a starch, antioxidant, and protein source. How close were you to meeting these needs?
15. It is recommended your snacks contain at least two of the SAP elements (three is ideal). How did you do in this regard?
16. It is recommended that you have at least one serving of good fat each day. Did you do this? What was this source?
17. Do you think you were close to following the 90/10 (90% of the food eating is recommended, 10 % is food that may be counter to an ideal diet) rule? If not, what do you think your ratio looked like?
18. Looking at your overall eating habits, what are two things you think you are doing well in regards to the recommendations we covered in class?
19. Looking at your overall eating habits, what are two things that you think you could improve to better your eating habits?
20. Any other comments or observations you would like to share?