

Discussion on My Fitness Pal Assignment

Student Name

Institutional Affiliation

## DISCUSSION

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Completing the My Fitness Pal assignment was an enlightening experience that provided a deeper understanding of my dietary habits and nutritional intake. Through the meticulous tracking and analysis of my food consumption over three days, I learned several valuable lessons. Firstly, I was surprised by the amount of sugar I was consuming daily. Despite my conscious efforts to maintain a balanced diet, I discovered that my sugar intake averaged 55g per day. This was primarily due to seemingly healthy snacks and beverages that, upon closer inspection, contained higher sugar levels than I had anticipated. This realization has made me more vigilant about reading nutrition labels and being aware of hidden sugars in my diet.

Secondly, I learned about the balance of macronutrients in my diet. While my protein and fat intake were within the desired range, my carbohydrate consumption was slightly above my target, averaging 190g per day. This excess was due to refined carbohydrates, which I had not fully considered. This insight has highlighted the importance of not just the quantity but the quality of carbohydrates I consume, emphasizing the need to prioritize whole grains and complex carbs over refined ones. Following this analysis, I have set a specific goal to improve my dietary habits: to increase my vegetable intake. While my diet included some vegetables, I realized there was room for improvement in both quantity and variety. My plan is to incorporate more leafy greens and cruciferous vegetables into my meals, aiming for at least two servings per meal. It will not only boost my fiber intake but also ensure a more diverse range of vitamins and minerals, contributing to overall better health. Thus, the My Fitness Pal assignment has been an eye-opener, revealing hidden aspects of my diet and guiding me towards more informed and healthier food choices. Through these adjustments, I am confident that I can achieve a more balanced and nutritious diet.

### **Comment on Group Member 1**

## DISCUSSION

Your insights from the My Fitness Pal assignment are very enlightening! It's interesting to see that you also discovered hidden sugars in your diet. It seems to be a common issue for many of us, highlighting the importance of checking nutrition labels more carefully. Your goal to reduce sodium intake is commendable, especially considering its long-term health implications. Incorporating more fresh and unprocessed foods into your diet is a great strategy. Your plan to prepare meals at home more frequently will certainly help you control both sodium and sugar intake more effectively. Keep up the good work!

### **Comment on Group Member 2**

I found your reflections on the My Fitness Pal assignment very relatable, especially your observation about the underestimation of portion sizes. It's a common challenge that can significantly impact our calorie and nutrient intake. Your commitment to using a food scale to measure portions more accurately is a fantastic idea that many of us could benefit from. Also, your goal to incorporate more whole foods and fewer processed snacks is crucial for improving overall nutrition. I'm sure these changes will make a noticeable difference in your health and well-being. Great job on setting practical and achievable dietary goals!