

nutritioncoach



DIETARY ASSESSMENT

YOUR FOOD DIARY

Day 1

9:30 breakfast

Sanitarium Weet-Bix	2 regular biscuit
Mixed berries,fresh	0.5 cup
Vitasoy Soy Milky Lite	0.75 cup
Banana,fresh,cavendish	0.5 medium fruit

2:30 lunch

Bakers Life Multigrain Sandwich Sliced Bread	2 slices
Avocado,raw	40g
Cucumber,lebanese	0.5 small cucumber

3pm afternoon snack

ALDI Kiwi Fruit	2 medium kiwifruit
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6:30pm dinner

Cauliflower,fresh,baked,no added fat	3 medium floret
Eggplant,unpeeled,fresh,baked,no added fat	3 piece
Carrot,regular,fresh,peeled,baked,no added fat	1 medium carrot
Mushroom,fresh,common,baked,no added fat	4 medium mushroom
Oil,olive,extra virgin	1 drizzle

7:30 dessert

Slice,dried fruit	1 regular slice
Water,filtered	3 large drink bottle

Day 2

9:30 breakfast

Rolled oats,cooked,plain,unfortified,other	0.5 cup
Prunes	3 fruit
Soy milk,plain,other	0.75 cup
Banana,fresh,cavendish	0.5 medium fruit
Water,filtered	3 large drink bottle

11am morning tea

Coffee,long black,caffeinated,regular	1 small travel mug
Soy milk,plain,other	1 dash
ALDI Kiwi Fruit	2 medium kiwifruit
Banana,fresh,cavendish	0.5 medium fruit

2pm lunch

Cauliflower,fresh,baked,no added fat	3 medium floret
Eggplant,unpeeled,fresh,baked,no added fat	3 piece
Carrot,regular,fresh,peeled,baked,no added fat	1 medium carrot
Mushroom,fresh,common,baked,no added fat	4 medium mushroom
De Costi Seafoods Fresh Tasmanian Salmon Fillets	90g

4:15 afternoon tea

Bounce Natural Energy Ball Peanut	1 piece <25g>
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7pm dinner

Bertolli Parmigiana Italian Parmesan Cheese Pasta Sauce	1 Serve
Eggplant,unpeeled,fresh,baked,no added fat	1 medium eggplant
Tomato,roma	1 large tomato
Cauliflower,fresh,baked,no added fat	3 medium floret

8pm dessert

Crumble,apple	1 cup
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Day 3

9:30 breakfast

Sanitarium Weet-Bix	2 regular biscuit
Mixed berries,fresh	0.5 cup
Vitasoy Soy Milky Lite	0.75 cup
Banana,fresh,cavendish	0.5 medium fruit

11am snack

Mandarin,fresh	2 medium
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2pm lunch

Bakers Life Multigrain Sandwich Sliced Bread	2 slices
Avocado,raw	40g
Tomato,roma	8 medium slice

3pm afternoon tea

Coffee,latte,caffeinated,regular,regular fat soy milk	0.5 small takeaway cup
Biscuit,sweet,home made,anzac style	1 regular biscuit
Apple,fresh,pink lady,unpeeled	1 large

7pm dinner

Sushi,vegetable,with seaweed	1 roll
Dumpling,savoury,vegetable,steamed	3 large piece

8:30 dessert

Helga's Continental Bakehouse Traditional Wholemeal Bread	1 regular slice <32g>
Kraft Peanut Butter Smooth	2 tablespoon
Water,filtered	3 large drink bottle

GENERAL COMMENT

Over the three days you recorded your food intake, your average daily energy intake was quite low (6758 kJ), meeting 67% of your energy needs. If you continue with this energy deficit you will lose weight, including muscle. Only one meal over the three-day period provided a good amount of protein, which was your salmon and roast veggie lunch. If your aim is to eat more plant-based foods, please include a quality source of protein like tofu, tempeh or legumes (beans and lentils) and nuts and seeds at every meal. Combined with strength training, this will help maintain your muscle mass.

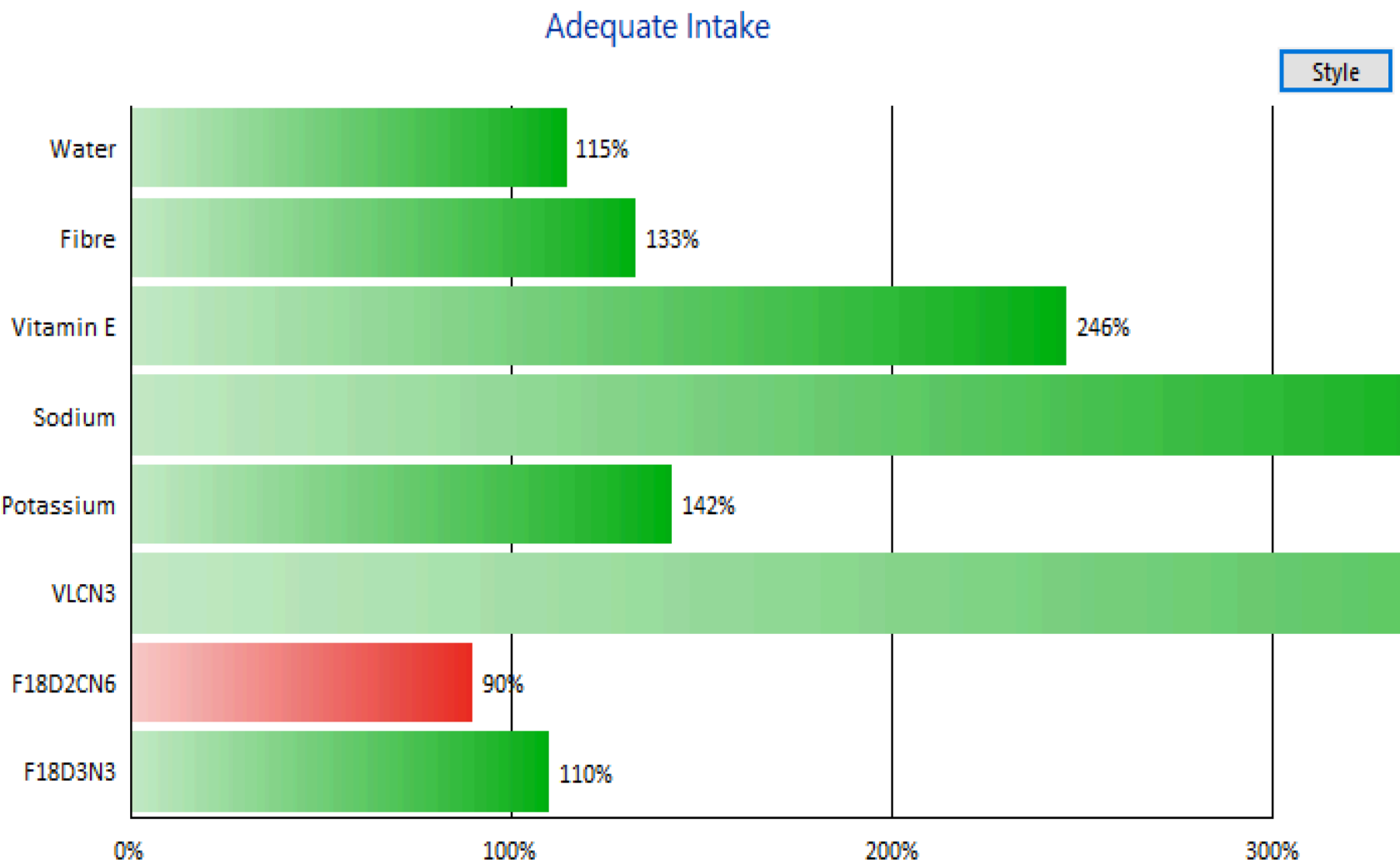
To improve your gut health, which supports immunity and overall health, you could include more prebiotic foods in your diet. Prebiotics are indigestible fibres that are fermented by the bacteria in our large intestine. Foods such as garlic, onion, leek, asparagus, Jerusalem artichoke and chicory contain prebiotics. You can also eat your bananas slightly green and introduce more legumes and starchy vegetables like potatoes into your diet for gut-friendly resistant starch.



ADEQUATE INTAKES

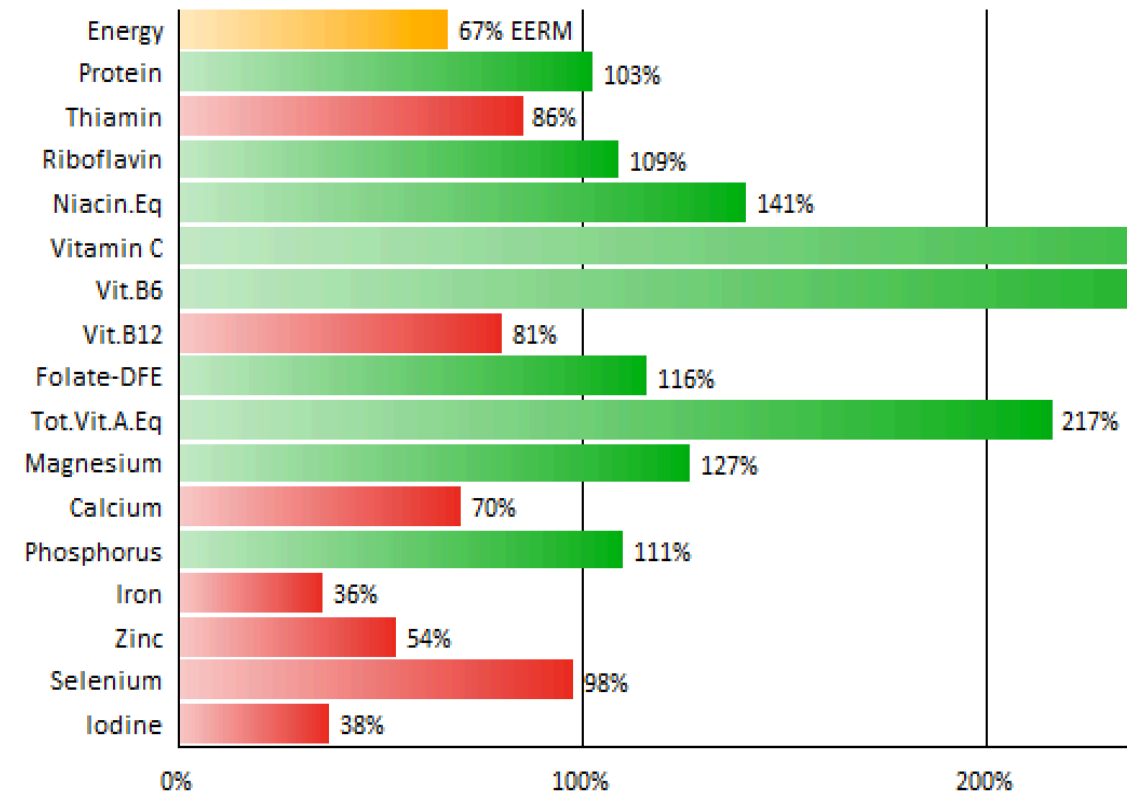
This graph shows that your food intake over these three days provided adequate amounts of fibre, vitamin E, sodium, potassium, very long-chain omega-3 fatty acids and alphalinolenic acid, but you fell 10% short of your omega-6 requirement.

Omega-6 is an essential fat that is plentiful in nuts and seeds. You can add nuts and seeds to your breakfast, toss them in salads or have them as your afternoon snack instead of a biscuit or chocolate bar to meet your omega-6 needs.



RECOMMENDED DIETARY INTAKES

Recommended Dietary Intakes



By including fruit and veg like mandarins, kiwi, cauliflower, tomatoes, berries and apples, you consumed good amounts of **vitamin C** over the three days.

Your recommended dietary intake for vitamins **B2**, **B3** and **B6** were met, but your **B1** and **B12** intake was low. Please ensure you meet your thiamin (B1) requirement by swapping your refined carbohydrates (like white rice) for wholegrains (brown rice) whenever possible. Other sources of thiamin include nuts, flaxseeds, tofu, beans and lentils, green peas, pumpkin and asparagus. Vitamin B12 is mainly found in animal foods and nutritional yeast, so please ensure you supplement to meet your nutritional needs.

You only met 70% of your **calcium** requirement over this period. As you're trying to limit dairy foods, you could have a calcium-fortified plant milk smoothie as a snack. You could also include more tofu in your diet (please ensure it's set in calcium sulfate); swap your Weet-Bix for calcium-enriched Weet-Bix Kids; eat more green veg (kale, bok choy, broccoli, watercress, celery); eat more beans such as cannellini, edamame and chickpeas; and add chia seeds to your breakfast.

Your intake of **iron**-rich foods was particularly low over the three days. I recommend you ask your doctor for an iron study to determine whether your iron stores are low. Here are some [ways you can increase your iron intake](#).

As well as helping boost your iron intake, shellfish are an excellent source of **zinc**. Your zinc intake needs to be doubled for good health and immunity, so if you want to focus on plant foods then good sources include legumes, nuts, seeds, quinoa and wholegrains.

Iodine is a mineral required to produce thyroid hormones that control metabolism and are important for growth and development, particularly of the brain, nerves and bones. Iodine is mostly found in seafood and dairy. As you want to decrease the amount of animal products you consume, you may want to consider introducing an iodine-rich seaweed like kelp into your diet. Alternatively, you could take a daily supplement.



If you want help
implementing these
recommendations, talk
to Nutrition Coach about
a personalised meal
plan or book your online
consultation on
nutritioncoach.com.au