Madison Pribble

Fall 2021

NURS 315: Nutrition Journal

1. **Habits**: I was on **Team A** and my habits are listed below.
   1. Habit 1: Drink 64 ounces or more of water each day

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week of: | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 8/30/21 |  | x |  | x | x | x | x |
| 9/6/21 | x |  | x |  | x |  | x |
| 9/13/21 | x |  | x | x | x | x | x |
| 9/20/21 | x | x | x | x |  | x | x |

* 1. Habit 2: Do not stress eat or eat out of boredom; Eat only when hungry

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Week of: | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 8/30/21 | x | x |  | x | x | x | x |
| 9/6/21 | x | x | x | x | x |  |  |
| 9/13/21 | x | x |  | x | x | x |  |
| 9/20/21 |  | x | x | x | x | x | x |

1. **3 Day Food Log** 
   1. Friday (8/27/2021)
      1. Breakfast: 1 Sausage, Egg, and Cheese croissant
      2. Lunch: Southwest Wrap
      3. Dinner: 6-inch subway melt on white bread
      4. Snacks: none
      5. Fluids: water (80 ounces)

* Total Calories: 1,069 kcal
* Total Fat: 138 g
* Total Carbohydrates: 103 g
* Total Protein: 58 g
  1. Saturday (8/28/2021)
     1. Breakfast: Kellogg’s Special Red Berries Cereal (dry)
     2. Lunch: Taco Bell Crunch Wrap Supreme
     3. Dinner: Cookout hotdog and fries
     4. Snacks: none
     5. Fluids: water (64 ounces)
* Total Calories: 1,337 kcal
* Total Fat: 53.5 g
* Total Carbohydrates: 181 g
* Total Protein: 37 g
  1. Sunday (8/29/2021)
     1. Breakfast: McDonalds Sausage Egg and Cheese McMuffin
     2. Lunch: Lean Cuisine Chicken Club Panini
     3. Dinner: Pino’s: 2 slices of pizza
     4. Snacks: none
     5. Fluids: water (64 ounces), Sprite (12 ounces)
* Total Calories: 1,500
* Total Fat: 54g fat
* Total Carbohydrates: 183 g
* Total Protein: 74 g

1. **Macro/Calorie Counts**: Sunday (8/29/2021)
   1. Calorie Count and Water Count
      1. Breakfast

* McDonald’s Sausage Egg and Cheese McMuffin (480 calories, 31g fat, 30g Carbohydrates, 20g Protein)
* TOTAL: 480 calories, 31g fat, 30g Carbohydrates, 20g Protein)
  + 1. Lunch
* Lean Cuisine Chicken Club Panini (340 calories, 7g fat, 45g Carbohydrates, 24g Protein)
* TOTAL: 340 calories, 7g fat, 45g Carbohydrates, 24g Protein)
  + 1. Dinner
* Pino’s: 2 slices of pizza (540 calories, 70g Carbohydrates, 16g fat, 30g protein)
* TOTAL: 540 calories, 70g Carbohydrates, 16g fat, 30g protein
  + 1. Fluids
* Water (64 ounces) (0 kcal, 0g carbs, 0g fats, 0g protein) --- TOTAL: 0 kcal, 0g carbs, 0g fats, 0g protein
* Sprite (12 ounces) (140 calories, 38g carbohydrates, 0g fat, 0g protein
* TOTAL: 140 calories, 38g carbohydrates, 0g fat, 0g protein

**DAILY TOTAL**: 1500 calories, 183g carbohydrates, 54g fat, 74g protein

* 1. My Daily Requirements from MyPlate
     1. Total Calorie Intake: 1500 calories (below recommended requirement by 500 calories)
     2. My daily requirement recommended by MyPlate was 2,000 calories per day.
     3. Carbohydrates: Actual --- 183g (below minimum recommendation)
* Minimum: 225 g/day
* Maximum: 325 g/day
  + 1. Fat: Actual --- 54g (within range)
* Minimum: 44.4 g/day
* Maximum: 77.8 g/day
  + 1. Protein: Actual --- 74g (above recommendation)
* Recommended: 58.06 g/day
  1. Healthier Replacement Options
     1. Breakfast: I could substitute the McMuffin for other menu items such as a yogurt parfait, oatmeal, bagel, or eating the McMuffin plain.
     2. Lunch: A healthier option could be a salad with minimal or no dressing, fruits, vegetables, whole grains, and eating little to no processed foods.
     3. Dinner: In place of pizza, I could order meat, poultry, or seafood. I could include fruits, vegetables, dairy, and foods high in protein.

1. **Vitamin and Mineral Calculations** 
   1. Healthiest Meal (Saturday): Kellogg’s Special Red Berries Cereal
   2. Vitamins and Do they Meet 1/3 of my RDA?
      1. A: 2419 IU (yes)
      2. D: 0 IU (no; under)
      3. E: 15.3 mg (yes; just over RDA)
      4. K: 1.1 µg (no; low)
      5. C: 68 mg (yes; just below RDA)
      6. B1: 1.69 mg (yes; above RDA)
      7. B2: 1.92 mg (yes; above RDA)
      8. B3: 22.6 mg (yes; over RDA)
      9. B6: 2.26 mg (yes; over RDA)
      10. Folate: 452 µg (yes; over RDA)
      11. B12: 6.8 µg (yes; over RDA)
   3. My Daily Requirements of Vitamins
      1. A: 700 µg
      2. D: 15 µg
      3. E: 15 mg
      4. K: 90 µg
      5. C: 75 mg
      6. B1: 1.2 mg
      7. B2: 1.3 mg
      8. B3: 16 mg
      9. B6: 1.3 mg
      10. Folate: 400 µg
      11. B12: 2.4 mcg
   4. Minerals and Do they Meet 1/3 of my RDA?
      1. Na: 614 mg (yes)
      2. K: 228 mg (no)
      3. Cl: 0 (no)
      4. Ca: 18 mg (no; under)
      5. Mg: 54 mg (no; under)
      6. P: 164 mg (no; under)
      7. Zinc: 1.2 mg (no)
      8. Iodine: 0 (no)
      9. Iron: 26.1 mg (yes; over RDA)
   5. My Daily Requirements of Minerals
      1. Na: 1.5 g
      2. K: 4.7 g
      3. Cl: 2300 mg
      4. Ca: 1000 mg/day
      5. Mg: 310-400 mg/day
      6. P: 700 mg/day
      7. Zinc: 8 mg/day
      8. Iodine: 150 mcg
      9. Iron: 18 mg
   6. Ways to Increase Fruits and Vegetables in Diet
      1. I can increase the fruits and vegetables in my diet by planning meals out for each week. For each meal I should include the appropriate amount of each to meet my RDA. Furthermore, I can also make a grocery list with more fruits and vegetables and less unhealthy foods so that I only have certain foods available throughout the week.
   7. Hydration
      1. I drink an adequate amount of water throughout the day. However, many days my intake of water is more in the afternoon. To improve this, I can set goals to drink a certain amount at each meal and between meals, being sure I am hydrating all day. The goals can be set to be completed at certain times throughout the day to help organize my fluid intake.
2. **Energy Balance** 
   1. BMI: 28.3
      1. Level of Health Risk: Overweight
      2. Measuring myself this way makes me feel as if I am unhealthy and need to make lifestyle changes to lose weight and maintain a healthy BMI. However, the BMI calculator is based on only height and weight and does not account for muscle mass and other factors. This makes me feel better because I know it may not be an accurate description of my health.
      3. A patient may feel embarrassed because they may feel as if they are healthy, yet their BMI may label them as overweight or obese. A patient with large muscle mass may be offended when a nurse of physician tells them that they are in the risk category of being overweight. When patients become offended, they may be less motivated to make a change in their diet if necessary. That is why it is necessary to create a relationship with our patients that allows communication between nurse and patient that encourages them to express their feelings about their BMI and health status. It is also important to assess patients’ cultural preferences in developing nutritional education.
   2. Calorie Needs based on Height, Weight, Gender, and Activity Level
      1. My calorie needs are based on a 2,000 calorie per day diet.
      2. Compared to 3-day diet (based on calories of food eaten)

* Friday (8/27/2021): Total of 1,069 calories; Deficit of 931 calories
* Saturday (8/28/2021): Total of 1,337 calories; Deficit of 663 calories
* Sunday (8/29/2021): Total of 1,500 calories; Deficit of 500 calories
  + 1. I can bridge the gap by eating nutritious foods that allow me to meet my daily requirements of vitamins, minerals, proteins, and other RDA’s while reaching my recommended caloric intake of 2,000 kcal/day. In order to bridge the gap, I can plan meals ahead of time that ensures I am receiving the nutrients I need for energy and body processes. I also can ensure I am meeting all the recommended food groups on MyPlate.

1. **Habits** 
   1. I was on Team A for habits. Habit A, drinking at least 64 ounces of water each day, was difficult to make a habit but by the second week it became easier. Although I still missed a day here and there, it became more of a habit the longer I implemented it. The thing that did not work for me was including half of my water intake in the morning because I often consumed more water in the afternoons. This is something I can work on in the future. Habit B, only eating when hungry was an easier habit for me to incorporate into my daily life because I have been so busy with schoolwork that I didn’t have time to, what I call, stress eat. This became a habit much quicker than habit A. The days that this habit did not work was on days that I was not as busy because I did not have as many things to take up my time.
   2. Techniques and Challenges
      1. Habit A: To incorporate this habit into my daily life I made a goal to drink a bottle of water every morning when I woke up while I was getting ready. This worked for me most days. Throughout the day I would drink water even when I did not feel thirsty, and I set a reminder on my phone to encourage and remind me to hydrate throughout the day. My main struggle was on the weekends because I was busy and did not focus on my goals as much as I should have. It was also difficult on days I had many classes.
      2. Habit B: This habit was pretty simple for me to incorporate. I used to eat when I was stressed, whether I was hungry or not. Therefore, I limited buying the snacks I would usually eat when stressed and set a reminder to only eat when I was hungry and to choose nutritious snacks when I felt hungry.
   3. Improvement
      1. In order to improve my habits, I can choose flavored water that is healthy and has important vitamins and minerals. I can also buy more healthier options so if I do stress eat, I am eating things that have nutritional benefit and not junk food. Furthermore, I can create goals and have a reward if I meet those goals. I can also set reminders on my phone at specific times of the day, just as I did with Habit A, to remind me of my goals and encourage me to work towards a healthier lifestyle. Having a support system to encourage me to make healthier decisions may also improve success with my goals.
   4. Health Advice to Patients
      1. After completing this nutritional journal, it made me realize how difficult it can be to keep a diary of everything you eat and the nutritional value of each food. Therefore, this will change how I offer health advice to patients since I have experienced it. I can explain to them the processes and techniques that worked for me. For starting healthy habits, I would explain to my patient that setting goals with specific outcomes can aid in adhering to one’s goals. Also, allowing a reward after completion of a goal can help motivate patients to maintain their habits. If adhering to habits is difficult for my patients, I can also offer them the names of support groups and encourage social support, so they have someone that motivates them to implement a healthier lifestyle. Education could also involve starting off with the goals being smaller and increasing them as the habits start to become easier.
2. **Nutritional Journal Process** 
   1. The overall process of the nutritional journal was difficult at first, especially maintaining my habits. However, after the first week it became much easier as I focused on bettering my health. I really enjoyed the habits because it gave me a goal to work towards and was not just for finishing this assignment. Even though my 4 weeks is up, I still plan to maintain my habits and incorporate other nutritional habits into my lifestyle. The most challenging part for me was calculating the nutrients, vitamins, and minerals. Some of the foods in my 3-day diet made it difficult to find certain aspects required for the journal, such as vitamins, because many of the unhealthy foods I chose did not have the nutritional benefits of some vitamins and minerals. However, overall, this journal was beneficial and will help me in the future, not only to focus on my health and nutrition, but also to aid patients in making decisions with their own health, even though it may mean difficult lifestyle changes and challenges.