

The only nutrient that is below 70% is iron, which is 52%. Foods that are rich in iron are whole grain breads and cereals, red meat, such as beef, prunes, blackstrap molasses, dark-green leafy vegetables, clams, liver, oysters, dried peas and beans. Iron is especially important because it makes hemoglobin, the part of red blood cells that carries oxygen throughout the body.

	Protein	Carbohydrates	Fats
Day 1	24%	50%	26%
Day 2	18%	56%	26%
Total	42	106	52
Average			
21%	53%	26%	

My average percentage for protein is 21, and for carbohydrates it is 53. Fats make up 26% of my calories. I should be getting 58% of my calories from carbohydrates, 30% from fat, and 12% from protein. I am getting too much protein and not enough calories from carbohydrates. My fat content is good because the American Cancer Society recommends a diet with less than 30% fat. One change that I need to make in my diet is to increase the amount of iron intake. But in doing so, I must be careful of my protein intake because I am getting more than twice the amount needed. Animal products are rich in protein and fat, so by cutting down on protein I will also cut down on fat. This way, if I increase my carbohydrate intake, I won't be getting extra calories.

I feel that this diet evaluation isn't as exact as it could be because we only did it for two days. I noticed that for those two days I ate a lot more meat than I usually do. I was surprised to see that my fat intake was below 30%. Now I realize why I am slightly anemic. I don't plan on eating more red meat, though, because I really would like to be a vegetarian when I stop growing and am old enough to prepare all my meals. (That will be when I am living out of my parent's house.) At the moment, I am taking an iron supplement as per doctor's orders.