

Comprehensive Analysis of Diet

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Introduction

These days, a balanced diet appears to be an integral part of a healthy lifestyle. Food is a crucial resource of energy, and for this reason, this issue should be approached correctly. Consumption of junk food seriously affects organisms and is highly likely to lead to numerous diseases, from obesity to gastritis. It has a considerable influence on the lifestyle of a person, as he or she may become less vivacious, stress-reliant, and energetic. An unconscious attitude to a diet may also result in a lack of vitamins and minerals. Considering all this information, the necessity to control eating habits becomes evident. For this reason, the following project on this topic was conducted, which implied monitoring my actual food intake and comparing it to personal recommendations in this respect. This way, the purpose of this paper is to present the comprehensive analysis of my diet, including revelation vitamin and mineral limits and consideration of energy expenditure, and propose some improvements on its base.

Vitamins and Minerals

First of all, it is essential to supply some basic information on my body. My age is 22 years old, and my height amounts to 155 lb, while the weight is 5 fits 9 inches. Consequently, my body mass index is 22.9, which is normal and depicts that there are no problems with the body built and weight. However, this index includes only height and weight measurements, and for this reason, it cannot be reliable in many cases, as there are multiple factors, which should be considered too. Nuttall states that it is "a rather poor indicator of percent of body fat", as it "does not capture information on the mass of fat in different body sites" (2015, para. 1). In addition, this ratio may be imprecise, as it does not regard the specialties of body built. For instance, bony frame and, consequently, bone mass affects this ratio to a large extent, so the result may not match reality. Therefore, the necessity to conduct further analysis of my eating habits is apparent.

My Diet Analysis Essay

Victor M. Corman



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Getting It in Writing Deborah M. Stankevich, 2011-07-01 Sixteen teachers Sixteen journeys All on a quest to become outstanding teachers of writing All taking different paths to acquire and hone those skills that make a teacher effective From kindergarten to college teachers are faced with the daunting task of instilling the art of writing in their students From creative writing to research the art of writing incorporates the writing process to create the inking of our thinking These 16 teachers from across the nation have traveled a long and arduous path to seek and to reach for the methods and strategies that will make them successful writing teachers These are their stories *Fichte's Moral Philosophy* Owen Ware, 2020-09-18 Owen Ware here develops and defends a novel interpretation of Fichte's moral philosophy as an ethics of wholeness While virtually forgotten for most of the twentieth century Fichte's System of Ethics 1798 is now recognized by scholars as a masterpiece in the history of post Kantian philosophy as well as a key text for understanding the work of later German idealist thinkers This book provides a careful examination of the intellectual context in which Fichte's moral philosophy evolved and of the specific arguments he offers in response to Kant and his immediate successors A distinctive feature of this study is a focus on the foundational concepts of Fichte's ethics freedom morality feeling conscience community and their connection to his innovative but largely misunderstood theory of drives By way of conclusion the book shows that what appears to be two conflicting commitments in Fichte's ethics a commitment to the feelings of one's conscience and a commitment to engage in open dialogue with others are two aspects of his theory of moral perfection The result is a sharp understanding of Fichte's System of Ethics as offering a compelling resolution to the personal and interpersonal dimensions of moral life Haney's Journal of Useful Information, Important Arts and Discoveries, and Valuable Recipes, for Farm, Household and Workshop, and Town and Country, 1868 Writing for a Reader Trudy Krisher, 1995 **Medical Journal and Record**, 1926 Bacon, selected essays, ed. with intr. and notes, by A.E. Roberts Francis Bacon, 1903 The American Phrenological Journal and Life Illustrated, 1848 Readers' Guide to Periodical Literature Anna Lorraine Guthrie, 1915 An author subject index to selected general interest periodicals of reference value in libraries **Good Housekeeping**, 1906 **Real Skills with Readings** Susan Anker, 2013-02-01 Real Skills with Readings offers practical accessible coverage of basic sentence skills and step by step guidance on writing paragraphs Like the other books in the Anker series Real Skills motivates students with its message that writing is an essential and achievable skill Real Skills connects engaging grammar and writing instruction with an emphasis on critical thinking and reading skills the keys to successful writing Real world examples assignments and readings show students the relevance of writing to all aspects of their lives Real Skills with Readings is now integrated with LearningCurve online adaptive quizzing activities that reinforce what students learn in the book *Essays on the Internal Secretions*, 1920 Henry Robert Harrower, 1921 **Good Housekeeping Magazine**, 1906 Lucifer, 1892 The Secular Chronicle, 1876 *Putnam's Monthly and the Reader*

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