

Final Project

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SC115: Principles of Nutrition

Unit 9

How does your current intake of vitamins and minerals support your immune system?

I believe that it supports it quite well; I have not been sick for the past 8 years. I take One-A-Day, Men's Health Formula. There are three important, main vitamins that support my immune system in the one-a-day, they are Vitamin C (pg. 313), Vitamin E (pg. 309), and Zinc (pg 434). I receive 100% of the daily allowance in the Vitamin C and Zinc, and 75% of the daily allowance in the Vitamin E. I also eat mixed fruit and vegetables more than 3 times a week. I have substituted whole grain cereal for three of my snacks during the work week.

What steps can you take to improve the support of your immune system?

Great natural ways of building up your immune system are through general exercise of course (even a brisk walk will work), vitamin C, E, and Zinc. You can also eat foods that have plenty of proteins, as proteins also help maintain a strong immune system (pg. 222)

Recommend some specific food alterations you can make to your diet to assist with this.

Alterations I would make are enriched grains and cereals (pg 430), as well as sunflower seeds, sliced almonds, granola, peanut butter (pg. 311), mixed strawberries, kiwi fruit, oranges, and cantaloupe (pg. 315). And, you could also add meats, because they contain protein, and protein assists with immunity by creating the antibodies, the defensive proteins (pg. 222).

Look at your diet and other risk factors for cancer.

What risks do you have?

The main risk I have is hypertension. This is from my lack of physical activity (pg. 198) and sodium intake (pg. 283).

What can you do to decrease your chances of getting this disease?

Some things you can do to reduce hypertension are losing weight, increasing physical activity, reducing alcohol intake, reducing sodium intake, and eating more whole grains (pg. 293). The two best ways for me to reduce hypertension will be from lower sodium intake and general exercise.

Recommend some specific food alterations you can make to your diet to assist with this.

I've already made a few adjustments to my diet. I now eat mixed vegetables three times a week, as well as mixed fruit three times a week. In addition to those changes, I have substituted whole grain cereals for my chips three times a week.

Look at your diet and other risk factors for hypertension and heart disease.

My main risks associated to hypertension were sodium and lack of physical activity. My diet contains too much sodium, as from my diet analysis will show, I eat a lot of Pringles chips and drink a lot of sodas (along with leading pretty inactive lifestyle, though I am trying to change this).

What risks do you have?

The risks that are associated to hypertension are heart disease, stroke and kidney disease (pg 292).

What can you do to decrease your chances of getting this disease?

I can increase my calcium, magnesium, and potassium, as well as consider diet plans like the DASH diet, which has shown to reduce risks of hypertension (pg. 293). With some general exercise as well as eating fruits, vegetables, whole grains, and cooking with oils that are vitamin E enriched, you can greatly reduce hypertension.

Recommend some specific food alterations you can make to your diet to assist with this.

The food alterations that I have personally made are more whole grains (I eat Cheerios), reduced sodium intake (I've cut down on chips all together), mixed berries and fruits (usually the canned fruit and the steamed vegetables-the ones you pop in the microwave), more water instead of sodas, as well as taking a one-a-day vitamin.

Look at your diet and other risk factors for diabetes.

What risks do you have?

My risks are relatively low for Type I, as it does not run in my family. Now for Type II, that is a whole different story. My sugar intake is usually too high. According to mydietanalysis, I get a large amount of sugar from the sodas I drink regularly.

What can you do to decrease your chances of getting this disease?

I would reduce my sugar intake as well as perform general exercises (about 15-20 minutes minimum a day).

Recommend some specific food alterations you can make to your diet to assist with this.

What I am personally doing is substituting water for my soda. For every soda I drink, I drink 12 ounces of water as my next beverage. At the very least, I am balancing the good with the bad. I have reduced my soda intake by 50% using this strategy. Some other great things you can do to reduce your chances of Type II diabetes are weight loss, healthier eating choices, exercise, and of course there are drugs you can take (pg. 159).

References:

Thompson, J., Manore, M. (2009). Nutrition an Applied Approach. Boston, MA: Pearson Learning Solutions.

<http://mydietanalysis.pearsoncmg.com> (n.d.). Welcome to MyDietAnalysis 4.0. Retrieved (02/13/2011), from <http://mydietanalysis.pearsoncmg.com/mda4/?key=24586991188498171132011>