SUGAR & SODIUM

RDA values for sodium: 2,300 mg for males. RDA values for sugar: 36 g for males. For this assignment I tracked my daily intake on a regular/hectic Monday, 02/25/2013. First off, I try my best to watch what I eat; working full time, going to school and being a parent, it’s tremendously hard to exercise on regular bases. So to offset my belly from expanding and my face getting chubby, I try to eat healthy. My perspective of healthy is simply, not eat fast food and limit the amount of soda/beer I drink. Have a good healthy breakfast, eat small portions throughout the day and eat dinner early, not late. Not the best routine, and the results aren’t good but that’s what I have time for. Like most people I don’t pay much attention to the food labels disclosed on foods or drinks, a lot of mumbo… jumbo, however biology has helped my gain a level of understanding when reading nutritional facts and this assignment was an eye opener. Let’s begin.

Monday morning: For **breakfast** I started with a 16oz coffee, 5 sugar and 5 cream this = 5mg-5g, I usually have a Greek yogurt but forgot it at home, so while at 7/11 I picked up Yoplait yogurt (harvest peach) 85mg-26g I was surprised by this total, I picked low fat? And to top it off I had a banana, online it said only 1mg. My total for the morning: **91mg and 31g.**

Monday afternoon: For **lunch** I had Healthy choice (Beef Merlot) which was 550mg-5g and I treated myself to a 12oz coke, which was mistake…. That equal, 45mg-39g. My total for the afternoon: **595mg-44g**

Monday evening: The wife and kids already ate while I was in class, and I knew I was doing good with this assignment so I decided to have a Marie Calendar’s (Fettuccini with Chicken & Broccoli) for **dinner**, our house is big on frozen dinner, along with 2nd! 12oz coke, I’m kind of addicted to soda. This meal equal 990mg-3g and the drink same as before, 45mg-39g. My total for the evening: **1035mg-42g**

Grand total for the day: **1,721mg of Sodium and 117g of Sugar**. I was happy to see I was significantly below the amount of Sodium but my intake for Sugar is astronomical and scary. I think if I can watch what I drink, substitute soda for water or something else, I’ll be happier with the results.