

Table 1: Daily Food Intake

Day 1

Breakfast Calories	Snack Calories	Lunch Calories	Snack Calories	Dinner Calories	Snack Calories
2 Pop-tarts (cherry, frosted) 2 cups coffee with creamer and sweetener	2 Granola bars (single serve package)	Whopper with cheese Large fries Large Dr. Pepper	2 Nutter butter cookies (single serve package)	Boneless, skinless chicken breast with stovetop stuffing and a slice of mozzarella cheese 1 baked potato with butter, sour cream, parsley, black shredded cheese 7 caramelized baby carrots Ice water	Microwave popcorn (extreme butter)
400 calories, 5g fat 59 calories, 0g fat	180 calories, 6g fat	760 calories, 47g fat 640 calories, 36g fat 100 calories, 0g fat	130 calories, 5g fat	300 calories, 11g fat 448 calories, 22.1g fat 131 calories, 4.2g fat	150 calories, 40g fat Daily Totals: 2098 calories, 154.2g fat

Day 2

Breakfast Calories	Snack Calories	Lunch Calories	Snack Calories	Dinner Calories	Snack Calories
1 Bowl Cheerios with	2 Fig Newton bars (single	Fiesta Taco	Medium cup chocolate	2 Sloppy Joe	1 Bowl cottage

Diet Analysis Paper

David Kirk



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DIETSYS Version 3.0 User's Guide, 1994 Practical Applications In Sports Nutrition Heather Fink, Lisa Burgoon, Alan Mikesky, 2009 The Second Edition of Practical Applications in Sports Nutrition provides students and practitioners with the latest sports nutrition information and dietary practices so they can assist athletes and fitness enthusiasts in achieving their personal performance goals This guide not only provides the most current sports nutrition guidelines and research but also includes the tools and guidance necessary to most appropriately apply the information in the real world In addition this text demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate individuals to make permanent behavior change Practical Applications in Sports Nutrition Heather Hedrick Fink, Alan E. Mikesky, 2023-11-27 Practical Applications in Sports Nutrition Seventh Edition provides students with the latest sports nutrition information and dietary practices enabling them to assist athletes and fitness enthusiasts in achieving their personal performance goals Drawing from the latest data and statistics from nutrition research and guidelines the authors demonstrate effective ways to communicate sports nutrition messages to athletes and outline how to motivate individuals to make permanent behavior change Early chapters introduce sports nutrition and give a thorough explanation of macronutrients micronutrients and water and their relation to athletic performance while later chapters focus on the practical and applied aspects of sports nutrition including behavior change through consultations and weight management Updated throughout the Seventh Edition includes new or expanded discussion of sports nutrition organizations working as an interdisciplinary team ketogenic diets third party testing of dietary supplements Relative Energy Deficiency in Sport RED S and offers new research on fiber gut microbiome and athletic performance You are the Nutrition Coach case studies at the beginning of each chapter provide context to chapter material Box features such as Fortifying Your Nutritional Knowledge Gaining the Performance Edge Training Tables expand on chapter contents with coverage of timely topics insightful tips and meal planning and food guidance The Box Score concludes each chapter with Key Points and Study Questions 15 Interactive online case study digital modules included in the Navigate Premier Access focus on topics such as weight gain and weight loss pre event fueling post event recovery diabetes and orthorexia Premier Access also includes numerous learning tools and study aids including a full eBook animations workbook exercises in writable PDF format and six helpful appendices including Appendix B The Gastrointestinal Tract Appendix C Major Metabolic Pathways Appendix D Calculations and Conversions Appendix E Growth and Body Mass Index Charts Appendix F Dietary Reference Intakes Appendix G Training Tables Sports nutrition courses typically found in Nutrition non majors Kinesiology Sports Medicine Exercise Science and Human Performance departments 2025 550 pages *Report on the Proceedings of the Workshop on Diet, Nutrition, and Periodontal Disease*, 1975 *Technical Paper*, 1974 **Collected Papers**, 1930 *Collected Papers* Rowett Research Institute, 1930 **Illinois Commercial Feed Laboratory Analysis Report**, 2009 *California and Western Medicine*, 1928 **Zoonoos**, 1926

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