

**Chapter 5 Discussion: Personal Dietary Analysis**

Name of Student

Institutional Affiliation

Course Name

Course Code

Date

## Chapter 5 Discussion: Personal Dietary Analysis

My personal dietary analysis revealed that I lacked the necessary number of fibers, which is about 25 grams a day. Most of my meals consisted of foods like white bread, eggs, chicken, and little of fruits and vegetables. According to McKeown et al. (2022), not every adult adheres to the recommended daily intake of fiber, and it may negatively affect digestion and overall health. This contributed to my being more aware of my daily food choices. To improve on this, I will add more of those foods enriched with fiber, like whole grains, beans, fruits, and vegetables, to my diet.

### Reference

McKeown, N. M., Fahey, G. C., Jr, Slavin, J., & van der Kamp, J. W. (2022). Fibre intake for optimal health: how can healthcare professionals support people to reach dietary recommendations?. *BMJ (Clinical research ed.)*, 378, e054370.

<https://doi.org/10.1136/bmj-2020-054370>

MY Perfect Writing