

This week I have to do the second nutrition record. My first nutrition record is so bad. I got 322% of LDL Cholesterol, and only 7% of good fats because I eat lots of smoothies and lots of snack. When compare to my other classmate, I got much higher then they. Some of them got only about 100% of LDL Cholesterol.

Since the school open or about 4 months, and I gain about 5 kilograms. After I study about nutrition and know that these food can cause a lot of effect to my body, such as high blood pressure, heart disease and cancer. I started to reduce the food that have lot of bad things such as LDL, sugar and simple carbohydrate. I tired to eat some clean food instate, such as whole grain, vitamins and eat less sweet. I try to eat salad with less dressing and try to eat smoothies with no syrup. In the first day it was very hard, I felt hungry all the time. When I want to eat some sweet or some snack I have to drink water or fruit instate. In the second day it still hard, but less than yesterday. Next day it is much more easy than the days before, like my body can adjust with this kind of food. After 5 days I loss 2 kilogram of my wight and get only 103% of LDL. As I do the nutrition record I started to do the 5 minutes workout challenge I feel pain at my leg, but after I do it for 2 days I feel less tired when I have to walk up to other class room, and I walk instate of using the elevator. One of the reason that make my first tracker so bad is I drink lots of milk, so my partner suggest me to drink water instate of milk because the water help to feel full and it is a main composition of our body.

In my second nutrition record, my LDL rate is much lower than my first one. That because I eat less snack, sweet, less refined grain and eat more vitamins.