

Food Pyramid

Name: Emily Rogers

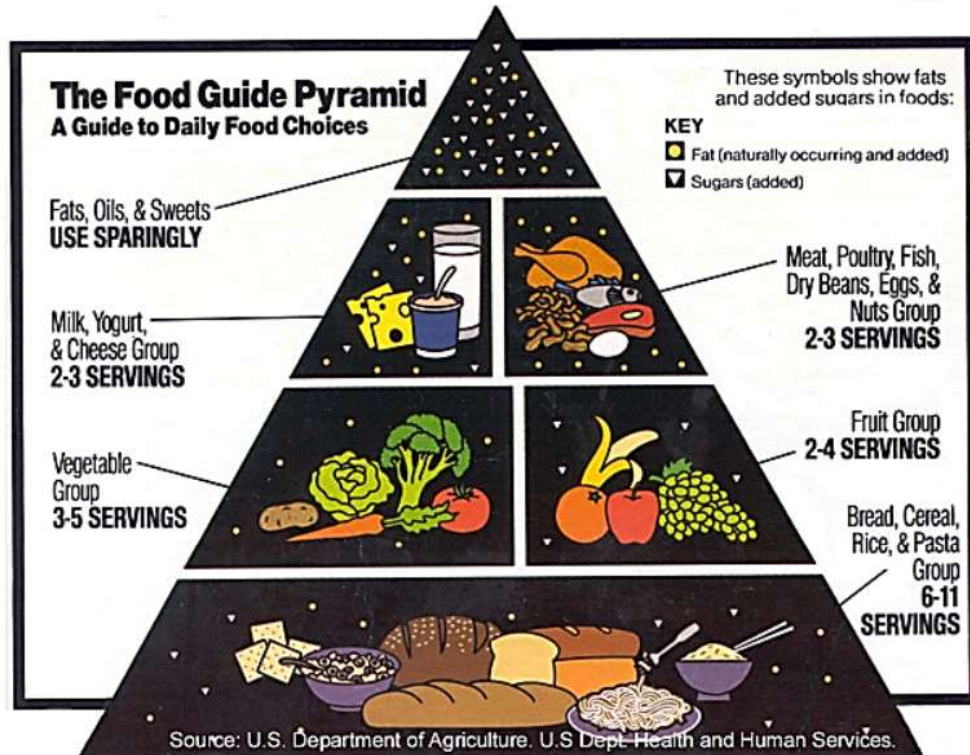
Age: 28

Sex: Female

Activity level: Sedentary Light active Moderately active Very active

Height: 5'6"

Weight: 144 lbs



Additional notes

I aim to maintain my current weight while improving my overall nutrition. My focus is on increasing my intake of vegetables and whole grains, as I tend to consume more protein and dairy than recommended. I also want to ensure I'm getting enough vitamins and minerals by incorporating a variety of fruits and vegetables into my daily meals.

Reference: Marcus, J. B. (2013). Chapter 1 - Nutrition basics: What is inside food, how it functions and healthy guidelines: The nutrients in foods and beverages in healthy cooking and baking. In J. B. Marcus (Ed.), *Culinary Nutrition: The Science and Practice of Healthy Cooking* (pp. 1–50). Academic Press. <https://www.sciencedirect.com/science/article/abs/pii/B9780123918826000017>