Name: Click here to enter text.

Food Diary Analysis

1. *Prior to analyzing your food diary*, hypothesize what your daily average is for each of the nutrients below **1pt**

*RDAs based on a 2,000C diet for each nutrient have been provided to assist you in your hypothesis.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Student Estimated Daily Averages** | | | | |
| *Carbohydrates*  225-325g | *Fats*  55-77g | *Protein*  50-150g | *Sodium*  1,500-2,300mg | *Sugar*  <50g |
| Click here to enter text.g | Click here to enter text.g | Click here to enter text.g | Click here to enter text.mg | Click here to enter text.g |

1. What was your *daily goal* for each of the following nutrients according to MyFitnessPal? **1pt**

*Figures should be located on the Food page of the MyFitnessPal website.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Daily Goals as Recommended by MyFitnessPal** | | | | |
| *Carbohydrates* | *Fats* | *Protein* | *Sodium* | *Sugar* |
| Click here to enter text.g | Click here to enter text.g | Click here to enter text.g | Click here to enter text.mg | Click here to enter text.g |

Discuss how frequently or infrequently you met your daily goals for each nutrient over the course of ten days and why that may have been. **5pts**

* Carbohydrates: Click here to enter text.
* Fats: Click here to enter text.
* Protein: Click here to enter text.
* Sodium: Click here to enter text.
* Sugars: Click here to enter text.

1. Enter your *actual* daily average for each of the nutrients below after completing your food diary. Round answers to the nearest tenth. **2pts**  *Sum of each day’s total for a nutrient (g or mg) / 10 days = daily average for nutrient (g or mg)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Actual Daily Averages (based on food diary results)** | | | | |
| *Carbohydrates* | *Fats* | *Protein* | *Sodium* | *Sugar* |
| Click here to enter text.g | Click here to enter text.g | Click here to enter text.g | Click here to enter text.mg | Click here to enter text.g |

Compare and contrast these daily averages with your estimated daily averages in question one. Were your actual averages higher or lower than your estimated averages? If your averages were significantly different, why do you think this might be? Explain. **4pts**

Click here to enter text.

1. Record 1) your daily goal for calories and 2) your actual total caloric intake for each of the 10 days.  **1pt**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Goal** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** | **Day 8** | **Day 9** | **Day 10** |
| C | C | C | C | C | C | C | C | C | C | C |

Discuss how your daily caloric intakes compare to your daily goal. Are you consistently above or below your goal? Describe why or why not. Describe why you might have fluctuations in your daily caloric intakes. **4pts**

Click here to enter text.

1. Record your daily intake of carbohydrates (grams) and sugar (grams) from your food diary. Then calculate what

percent of your carbohydrates are complex carbohydrates. Round answers to the nearest tenth.  **2pts**

*Total Carbohydrates (g) – Sugar (g) = Complex Carbohydrates [including fiber for this assignment] (g);*

*[Complex Carbohydrates (g) / Total Carbohydrates (g)] x 100 = % Complex Carbohydrates.*

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrient** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** | **Day 8** | **Day 9** | **Day 10** |
| Total CHO | g | g | g | g | g | g | g | g | g | g |
| Sugar | g | g | g | g | g | g | g | g | g | g |
| % Complex CHO | % | % | % | % | % | % | % | % | % | % |

Describe the “quality” of the carbohydrates you are consuming. Are *at least* 50% of your carbohydrates coming from complex carbohydrates from day to day? Explain why you are or are not meeting this guideline. **4pts**

Click here to enter text.

1. Record your daily intake of fat (grams) from your food diary. Then calculate how many of your calories are coming from fat for each day. Round answers to the nearest tenth. **2pts**

*Total Fat (g) x 9 C per g = Calories from Fat; (Calories from Fat / Total Calories) x 100 = % Calories coming from Fat*.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** | **Day 8** | **Day 9** | **Day 10** |
| Grams of Fat | g | g | g | g | g | g | g | g | g | g |
| Calories from Fat | C | C | C | C | C | C | C | C | C | C |
| Total Calories | C | C | C | C | C | C | C | C | C | C |
| % Calories from Fat | % | % | % | % | % | % | % | % | % | % |

Describe what is occurring with your fat consumption. Are 30% *or less* of your calories coming from fat? Explain why you are or are not meeting this guideline. **4pts**

Click here to enter text.

1. Choose two of the following nutrients (CHO, fat, protein, sodium, sugar) you were in EXCESS of during the 10-day diary. Research the repercussions/risks of being in excess of these nutrients on a regular basis. If you were not in excess in at least two of the nutrients above, choose two of the nutrients you’re curious about and research the repercussions. **4pts**

*You will need to alter your “Settings” to display your daily goals for sugar.*

|  |  |
| --- | --- |
| **Nutrient** | **Repercussions for Health** |
| Choose an item. | Click here to enter text. |
| Choose an item. | Click here to enter text. |

1. Choose two of the following nutrients (vitamin A, vitamin C, fiber, calcium, iron) you were DEFICIENT in during the 10-day diary. Research the repercussions/risks of being in deficit of these nutrients on a regular basis. If you were not in debt in at least two of the nutrients above, choose two of the nutrients you’re curious about and research the repercussions. **4pts**

*You will need to alter your “Settings” to display your daily goals for these nutrients.*

|  |  |
| --- | --- |
| **Nutrient** | **Repercussions for Health** |
| Choose an item. | Click here to enter text. |
| Choose an item. | Click here to enter text. |

1. Reflect on your regular diet. Using what you’ve learned in class, your food diary and this analysis, describe how you feel about your dietary habits. How do they compare with what we’ve discussed in terms of dietary recommendations? How much of

your food is fresh versus processed? Why do you eat what you eat (consider influences most applicable to your food choices)? **6pts**

Click here to enter text.

1. What changes do you think need to be made to your eating and dietary habits? Describe at least 3 changes. Besides *what* you’re eating, consider *how* and *when* you eat or *where* your food is coming from that may warrant a change. Describe why you need to make the dietary changes you listed? How could you go about making these changes a regular part of your dietary habits? **6pts**

|  |  |  |
| --- | --- | --- |
| **WHAT needs to change?** | **WHY make the change?** | **HOW will you change?** |
| 1. Click here to enter text. | Click here to enter text. | Click here to enter text. |
| 1. Click here to enter text. | Click here to enter text. | Click here to enter text. |
| 1. Click here to enter text. | Click here to enter text. | Click here to enter text. |

1. Consider what you calculated and reflected on above. Read the *five* definitions below and then select the rating you believe most closely reflects your dietary choices and eating behaviors. Be objective and honest with yourself. It is not a judgement, but for *awareness*…awareness begets change! **1pt**

**Excellent!**

* I am meeting *most* the dietary guidelines recommended by MyFitnessPal *6-7 days a week*.
* I consume processed food (including fast food) *less than 10% of the time.*
* I *actively seek out* *and choose* humanely-raised, organically-grown and/or local foods as often as possible.
* When I eat, I *almost always*: avoid mindless eating, eat slowly, mind my portion sizes and/or eat when hungry.

**Above Average**

* I am meeting *most* of the dietary guidelines recommended by MyFitnessPal *5-6 days a week*.
* I consume processed foods (including fast food) *10-30% of the time.*
* I *choose* humanely-raised, organically-grown and/or local foods when available/convenient.
* When I eat, I *frequently*: avoid mindless eating, eat slowly, mind my portion sizes and/or eat when hungry.

**Average**

* I am meeting *some* of the dietary guidelines recommended by MyFitnessPal *4-5 days a week*.
* I consume processed food (including fast food) *40-60%* of the time.
* I *rarely* choose humanely-raised, organically-grown and/or local foods, even if available/convenient.
* When I eat, more often than not, I: mindlessly eat, eat quickly, consume larger/numerous portions and/or eat to appetite more so than hunger.

**Below Average**

* I meet *few* of the dietary guidelines recommended by MyFitnessPal *5-6 days a week*.
* I consume processed food (including fast food) *70-90%* of the time.
* I *do not* choose humanely-raised, organically-grown and/or local foods, even if available/convenient.
* When I eat, I frequently: mindlessly eat, eat quickly, consume larger/numerous portions and/or eat to appetite, regardless of hunger.

**Poor**

* I *do not meet most* dietary guidelines recommended by MyFitnessPal *6-7 days a week.*
* I consume processed food (including fast food*) at least 90% of the time*. What IS a vegetable?
* What is humanely-raised, organically-grown and/or local food?!? I certainly don’t eat it.
* When I eat, I: Shove as much in as quickly as possible, whatever it is! Are there seconds???

Based on the definitions above, **I rate my overall dietary choices and eating behaviors as**: Choose an item.

**Sources Referenced**

If you used outside sources to respond to any of the questions/prompts above (and you *should* have), list those sources here and *cite the source with your response*. For on-line sources, providing the URL is sufficient.

Click here to enter text.