**NUTR 150: W06 Assignment -- Dietary Analysis**

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| **Name:** |  |

In this assignment you will evaluate two days of your dietary intake according to the ChooseMyPlate guidelines and the DRI nutrient intake recommendations. The purpose of this assignment is to practice the skills of keeping a food record and evaluating your dietary intake.

**Recording a Food Intake**

1. **Two Day Record** *(7 points).*
   1. **Food Intake.** Record everything you eat (with the exception of water and vitamin/mineral supplements) for two consecutive days using the Dietary Intake table (see below). This should reflect two **typical** days. You may want to try to do record one weekday and one weekend day to highlight differences in your eating.
      * Remember to record add-ons such as: butter on toast, sugar on cereal, dressing on salad, sauces on foods, etc. If you eat your toast dry without butter, indicate you ate dry toast. If cold cereal was eaten without milk, write the type of cereal eaten and note it was without milk. If fries or something similar were eaten without any type of sauce, note the fries without ketchup/sauce.
      * Food measurements and descriptions need to be detailed enough so someone else could find the food in the database with a high degree of accuracy. For example, 2% milk, 8” flour tortilla, cooked strawberry instant oatmeal.
   2. **Portion Sizes.** Estimate the amounts eaten in measurable terms. You may not be able to measure everything but try to be as accurate as possible.
      * The most common units of measurements are fluid ounces (used for liquids such as beverages, 8 fluid ounces = 1 cup), weight ounces (often used for non-fluid foods, 8 ounces does not always = 1 cup), cups, Tbsp, and tsp. Some foods should be listed according to size such as a large apple or medium banana, or 2-inch square brownie.
   3. **Hunger Level/Motivation.** 
      * Record the level of hunger you felt before you ate and after you ate (see codes below). You do not need to list the hunger scale for each food but you do need to list them for each eating occasion.
      * Record the motivation for choosing the food you ate (see codes below) and where food was eaten.

**Hunger Scale Codes**

7: Very uncomfortably full, "Thanksgiving full"

6: Definitely full, but not uncomfortable

5: No longer hungry, feel satisfied but could eat more

4: Neutral - Not hungry but not full

3: Hungry, feel an urge to eat

2: Hungry, the urge to eat is strong

1: Very hungry, preoccupied with food, light-headed

0: Past hunger, numb hunger

**Motivation Codes**

A: Availability, It was there

B: Convenient

C: Cost - The food cost fits into budget

D: Nutritional value of food, it was healthy

E: Personal preference, I like it

F: Mood/emotion, I was bored; stressed; tired; excited, angry

G: Social, It was offered and I couldn't refuse

H: Habit/Tradition, I usually eat it, it is familiar

O: Other, please describe

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0: Past hunger, numb hunger

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| **Day 1: Dietary Intake** | Record the calendar date; this will be used when entering data into the analysis program: |  |

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| **Time** | **Food Description** | **Amount** | **Hunger scale**  **(before/after)** | | **Motives – list all that apply** | **Location/Where eaten?** |
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| Comment on foods difficult to find in MyDietAnalysis and the substitute food used. | | | | | | |

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| **Day 2: Dietary Intake** | Record the calendar date; this will be used when entering data into the analysis program: |  |

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| **Time** | **Food Description** | **Amount** | **Hunger scale**  **(before/after)** | | **Motives – list all that apply** | **Location/Where eaten?** |
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| Comment on foods difficult to find in MyDietAnalysis and the substitute food used. | | | | | | |

**Evaluation of Food Intake**

1. **Dietary Analysis.** Once you have recorded all of your food intake, go to MyDietAnalysis at <https://media.pearsoncmg.com/bc/abp/mydietanalysis/>. *\*\*If you have* ***not yet set-up your MyDietAnalysis account****, you will find instructions and the access code back in the W03 Case Study. Contact your instructor if you have trouble finding the code.*
   1. Set up a MyDietAnalysis profile for yourself. Include your gender, lifecycle stage for women, birthdate, height, weight, and activity factor. Even if you would like to lose weight, set up the profile to “lose” zero (0) pounds. This will give you a better idea of where you are at currently.
   2. Enter food items and quantities from your Day 1 and Day 2 Dietary Intake tables.
   3. Run the following reports for Day 1, Day 2, and Average Intake (Day 1 & 2): **“Actual Intakes –vs– Recommended Intakes”, “Calories and Fat Sources”,** and **“MyPlate”** reports.
2. **Personal Information** *(1 point)*.
   1. Enter your gender (females also select an applicable lifecycle category from the outlined options listed) and age category from the options listed.
   2. Enter your height, weight, age, and activity factor (use the activity factor you selected from the MyDietAnalysis program).
   3. ***This information must be listed for this section to be graded.***

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|  | **Gender:** |  | **Male** |  | **Female** | *If female:* |  |  |  | **Age Category:** |  |
|  | | | | | | **Enter one of the following lifecycle options** | |  |  | **Enter one of the following age categories** |
| * Female, non-pregnant | |  |  | 14-18 years |
| * Female, pregnant | |  |  | 19-30 years |
| * Female, lactating | |  |  | 31-50 years |
|  | |  |  | 51-70 years |

1. **Food Guide Evaluation for 2-day Intake** *(3 points)*.
   1. Using your MyDietAnalysis **“MyPlate”** reports, fill in your “Day 1 Intake”, “Day 2 Intake”, and “Average Intake (Day 1 & 2)” **(green columns 1, 2 and 3)** for each MyPlate Food Category. Also, using the same report, fill inyour “MyPlate Recommendations” **(orange column 1)** for each MyPlate Food Category.
   2. Evaluate your “Average Intake” compared to the “Recommendations” for each MyPlate Food Category by marking the appropriate box **(green column 4)**: **“Below”** if your intake was below or under the recommended amounts, **“Met”** if your average intake met or equaled the recommended amounts, or **“Above”** if your intake was above or over the recommended amounts

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| **MyPlate Food Category** | **Day 1 Intake** | | **Day 2 Intake** | | **Average Intake**  **(Day 1 & 2)** | | **MyPlate Recommendations** | | **Average Intake vs Recommendations** | | | | | | | | |
| Dairy (cup equivalents) |  | cup eq |  | cup eq |  | cup eq |  | cup eq |  |  | Below |  |  | Met |  |  | Above |
| Protein (ounce equivalents) |  | oz eq |  | oz eq |  | oz eq |  | oz eq |  |  | Below |  |  | Met |  |  | Above |
| Vegetables (cup equivalents) |  | cup eq |  | cup eq |  | cup eq |  | cup eq |  |  | Below |  |  | Met |  |  | Above |
| Fruit (cup equivalents) |  | cup eq |  | cup eq |  | cup eq |  | cup eq |  |  | Below |  |  | Met |  |  | Above |
| Grains (ounce equivalents) |  | oz eq |  | oz eq |  | oz eq |  | oz eq |  |  | Below |  |  | Met |  |  | Above |

1. **Calories/Macronutrient Evaluation for 2-day Intake** *(3 points)*.
   1. Using your MyDietAnalysis **“Actual Intakes –vs– Recommended Intakes”** reports, fill in your “Day 1 Intake”, “Day 2 Intake”, and “Average Intake (Day 1 & 2)” **(green columns 1, 2, and 3)** for your Total Calories Consumed. Also using the same report, fill in your “Recommendations” **(orange column 1)** for Total Calories Consumed.
   2. Evaluate your “Average Intake” compared to the “Recommendations” for the Total Calories by marking the appropriate box **(green column 4)**: **“Below”** if your intake was below or under the recommended amounts, **“Met”** if your average intake met or equaled the recommended amounts, or **“Above”** if your intake was above or over the recommended amounts

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| **Total Calories** | **Day 1 Intake** | | **Day 2 Intake** | | **Average Intake**  **(Day 1 & 2)** | | **Recommendations** | | **Average Intake vs Recommendations** | | | | | | | | |
| Total Calories Consumed |  | kcals |  | kcals |  | kcals |  | kcals |  |  | Below |  |  | Met |  |  | Above |

**Calories Evaluation**

* If your caloric intake is 500 Calories or more over the recommendations, be sure to double-check the portion sizes you entered into MyDietAnalysis.
* If your caloric intake is 500 Calories or more under the recommendation, be sure to double-check the portion sizes you entered and if you could be missing any foods or beverages. For example, did you have a dressing on your salad? Did you have butter on your pancakes? Did you accurately determine how much juice you drank?

Your body weight is the best indicator of if you are consuming adequate calories. If your weight is stable, you are consuming adequate calories to maintain your current weight. If you are losing weight, you are not consuming adequate calories to maintain your weight. If you are gaining weight, you are consuming more calories than you need to maintain weight. If the average intake does not match the recommended Calories and your weight is stable, keep in mind this is only a two-day intake.

**5. Continued—Calories/Macronutrient Evaluation for 2-day Intake**.

1. Using your MyDietAnalysis **“Calories and Fat Sources”** reports, fill in your “Day 1 Intake”, “Day 2 Intake”, and “Average Intake (Day 1 & 2)” **(green columns 1, 2, and 3)** for your % Kcal from Protein, % Kcal from Carbohydrates, % Kcal from Total Fat, % Kcal from Saturated Fat. ***Note:*** *The total sum of your percentages should not be >100%.*
2. Evaluate your “Average Intake” compared to the “Recommendations” for each Macronutrient Category by marking the appropriate box **(green column 4)**: **“Below”** if your intake was below or under the recommended amounts, **“Met”** if your average intake met or equaled the recommended amounts, or **“Above”** if your intake was above or over the recommended amounts.

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| **Macronutrient %** | **Day 1 Intake** | | **Day 2 Intake** | | **Average Intake**  **(Day 1 & 2)** | | **Recommendations** | **Average Intake vs Recommendations** | | | | | | | | |
| % Kcal Protein |  | % |  | % |  | % | 10-35% |  |  | Below |  |  | Met |  |  | Above |
| % Kcal Carbohydrate |  | % |  | % |  | % | 45-65% |  |  | Below |  |  | Met |  |  | Above |
| % Kcal Total Fat |  | % |  | % |  | % | 20-35% |  |  | Below |  |  | Met |  |  | Above |
| *Note – % Kcals from protein, carbohydrate, and total fat should add up to approximately 100%* | | | | | | | | | | | | | | | | |
| % Kcal Saturated Fat |  | % |  | % |  | % | Less than 10% |  | | | |  | Met |  |  | Above |

1. **Added Sugar Recommendations** (*Note: Since the MyDietAnalysis food database does not have the added sugar information for several of the foods at this point in time, the added sugar amount indicated on your* ***Actual Intakes –vs– Recommended Intakes*** *report is inaccurate.)*

Knowing your added sugar recommendation is useful when reading the new food labels. To find your added sugar recommendation, take your average caloric intake from this assignment, and multiply by 10%.

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| **Added Sugar Recommendations** | **Your Caloric Intake** | | **Your recommended limit of Added Sugars** | | |
|  | Calories | Less than |  | Calories from Added Sugars |
| The new food label lists the amount of added sugars in the food in grams. Convert your recommended limit of Added Sugars in Calories  to your recommended limit of Added Sugars in grams by dividing by 4. | | | | | |
| Your recommendation Added Sugars (grams) | | | Less than |  | grams of Added Sugars |

1. **Nutrient Evaluation for 2-day Intake** *(3 points)*.
   1. Using your MyDietAnalysis **“Actual Intakes –vs– Recommended Intakes”** reports, fill in your “Day 1 Intake”, “Day 2 Intake”, and “Average Intake (Day 1 & 2)” **(green columns 1, 2, and 3)** for your intake of total fiber, calcium, potassium, sodium, iron, vitamin C, vitamin D, and folate.
   2. Then **use the** [**DRI Tables**](https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/hpfb-dgpsa/pdf/nutrition/dri_tables-eng.pdf)(not the MyDietAnalysis reports) to determine and fill in your RDA/AI and UL recommendations **(orange column 1 and 2)**.
   3. **Evaluate** your “Average Intake” compared to the “RDA/AI” and “UL” Recommendations for each category by marking the appropriate box **(green column 4)**: **“Below RDA/AI”** if your “Average Intake” was below or under the designated RDA/AI for your gender and age group or **“Above UL”** if your “Average Intake” was above or over the designated “UL” for your gender and age group. **If** your average intake was in between the RDA/AI and the UL (meaning it was neither “below” the RDA/AI nor “above” the UL), mark it as being **“Met”.** This suggests you consumed an adequate amount of that nutrient.

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| **Nutrient** | **Day 1 Intake** | | **Day 2 Intake** | | **Average Intake** | | **Your RDA/AI** | | **Your UL** | | **Average Intake vs RDA/AI and UL Recommendations** | | | | | | |
| Total Fiber |  | grams |  | grams |  | grams |  | grams | No UL | |  |  | Below RDA/AI |  | Met |  | Above UL |
| Calcium |  | mg |  | mg |  | mg |  | mg |  | mg |  |  | Below RDA/AI |  | Met |  | Above UL |
| Potassium |  | mg |  | mg |  | mg |  | mg | No UL | |  |  | Below RDA/AI |  | Met |  | Above UL |
| Sodium |  | mg |  | mg |  | mg |  | mg |  | mg |  |  | Below RDA/AI |  | Met |  | Above UL |
| Iron |  | mg |  | mg |  | mg |  | mg |  | mg |  |  | Below RDA/AI |  | Met |  | Above UL |
| Vitamin C |  | mg |  | mg |  | mg |  | mg |  | mg |  |  | Below RDA/AI |  | Met |  | Above UL |
| Vitamin D |  | mcg |  | mcg |  | mcg |  | mcg |  | mcg |  |  | Below RDA/AI |  | Met |  | Above UL |
| Folate |  | mcg |  | mcg |  | mcg |  | mcg |  | mcg |  |  | Below RDA/AI |  | Met |  | Above UL |

**W06 Bonus Code Word Submission *(Optional)***

After attending the “Weekly Instructor Review” or watching the recording, complete this section to earn 2 bonus points.

* Complete this on your own without help from another person.

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| **W06:** Type in the bonus code word: | | | | |
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* Please be sure to spell and enter the code word exactly as it was given to receive credit.