**DIET ANALYSIS PROJECT**

**FCS 110 Basic Nutrition**

**100 points**

**\*\*\*\* NO LATE PROJECTS WILL BE ACCEPTED! \*\*\*\***

## DIRECTIONS FOR DIET ANALYSIS PROJECT PROFILE

1. Choose MyDietAnalysis within Mastering Nutrition.

2. Click the Profile tab at the top.

3. Select New Profile.

4. Complete all information and answer questions. You will receive a level of activity assessment and score.

5. Click Next. If you agree with your assessed activity level click Next. Otherwise, choose the most appropriate activity level for yourself. I recommend that you do not choose “Very Active” because this program tends to overestimate the calories needed for most people.

6. Next, it will ask if you want to maintain current weight, gain or lose. FOR THIS PROJECT, EVERYONE NEEDS TO CHOOSE “MAINTAIN CURRENT WEIGHT”.

7. It will then provide your profile summary with recommendations for calories, CHO, protein and fat. Under the Reports tab, you will find your recommended DRIs for all of the nutrients.

8. Next, pick 3 DAYS to record all food/drinks consumed and activity. (See below for more information.)

9. Under the Diet Tracker tab and appropriate day (ex. Day 1) search for each food item you consumed. Choose the closest option to what you ate or drank. Be VERY SPECIFIC with type and serving size of each food or drink.

10. Be sure to place each food/drink in the appropriate meal (ex. Breakfast, Lunch, Dinner, Snack).

11. Do the same for the Activity Tracker. (See below for more information.)

## DIETARY INTAKE/ACTIVITY & PART 1 REPORT (10 points)

Make a record of your food and beverage intake and activity over **three days** of normal eating for you. Try to pick “typical” eating days for recording, including one weekend day if possible. Record **ALL** meals, snacks and beverages estimating the quantity consumed according to tools learned in this class. Using the “Diet Tracker” tab enter food and beverage items based on the correct day and the correct meal/snack. Choose the item closest to the one you consumed. To save time there is a favorite’s entry to set up frequently eaten items.

- Measure your food and drinks if necessary to have the most accurate report

- Use common measurements (ounces, cups, each, teaspoons, tablespoons, etc.)

- If you take vitamins, supplements, herbs, etc., DO NOT record them in this program

Once done recording your food intakes, go to “Activity Tracker” and list all activities/exercise completed during the three days you recorded your intakes. This helps determine your DRIs and calorie intake. If you include work as activity, you must find the actual job in the program and give a realistic time (minus down time) for the activity completed.

When finished entering diet and activity go back to your profile for the class and open the “Reports” tab. Choose “All Daily Reports” and check mark all three days. It may take some time for all of the reports to load. It will include Actual vs. Recommended Intakes, All Nutrients Spreadsheet, MyFoodList Report, MyPlate, Energy Balance, Calories and Fat sources, Nutrition Facts, Calorie Assessment, Meal Assessment Report, Activity Record, and Recommendations. Next click on “Show Report”. **From here you should save a copy to your computer or flash drive AND consider printing yourself a copy.** This file is what you will use to analyze your diet to complete the remainder of this project.

Next, go back to the “Reports” tab. Choose “MyFoodList” on the left. Be sure Day 1, 2, and 3 AND all meals and snacks are checked. Click “Show Report” and save this PDF document. “**MyFoodList” is what you will turn in to me for Part 1 of this project! You need to attach “MyFoodList” pdf file to the appropriate spot in Blackboard for submission. DO NOT EMAIL THIS TO ME!!!**

To submit your Part 1 assignment, click under the Diet Analysis Project button on the left side of your Blackboard class site. Click on the Part 1 link. Under the Assignment Submission section, click “Browse My Computer” next “Attach File” to find your saved pdf copy of MyFoodList. Be sure you have clicked submit at the bottom of the page after you have attached the file.

Once you have been assigned a grade for Part 1 that is at least 7/10 possible points, you may move on to working on Part 2 of the Diet Analysis assignment.

## DIET ANALYSIS PART 2 – Assessment of Your Eating/Activity Habits (90 points)

BEFORE you move on to Part 2, please make any changes suggested by the instructor comments from Part 1 if necessary. Carefully review “All Daily Reports” from Part 1 and answer the following questions based on the information provided in all of these reports.

(1 pt) 1. Were these records representative of the usual type and amounts of foods you eat?

Yes  No - **If not, what was different?**

(1 pt) 2. Do you take any nutrient supplements?

Yes  No - **If so what?**

Vitamin D2 and Vitamin D3

(1 pt) 3. What was your recommended daily calorie goal? 2,683.9

(1 pt) 4. Is this a realistic calorie recommendation for you?

Yes  No - **Why or why not?**

I am surprised at how well this report gives an overview of what I eat. The amount of calories I take in daily isn't too far of the recommended amount; so, reaching that amount should not be too difficult.

(1 pt) 5. According to your 3-day average, what was your actual calorie intake? 1,900.0

(1 pt) 6. Reviewing the Energy Balance section of your reports, what was your total calorie expenditure? 2,711.0

(1 pt) 7. If this is your typical Energy Balance, over time would you expect to:  
(Hint: Review the Energy Balance concept in your textbook.)

gain weight  lose weight  stay the same

(1 pt) 8. What is your: Height: 5 ft 10 in Weight: 182 lb BMI: 26.1

(1 pt) 9. What category do you fall within with regards to your BMI?

Underweight: BMI <18.5

Healthy Weight: BMI 18.5-24.9

Overweight: BMI 25-29.9

Obese: BMI >30

(1 pt) 10a. Over the 3-day period, did you engage in any of the following?

Aerobic activity to improve cardio/endurance Yes  No

Resistance activity to increase strength Yes  No

Stretching to improve flexibility Yes No

(2 pts) 10b. How might you specifically improve on the areas of activity you marked as “No,” and why would that be beneficial?

Aerobic exercises can help me lower my idle heart rate and allow me to run longer. It's better for my heart in the long run, especially, as my family has a history of diabetes. Stretching can improve my joints. I often have pain in my joints, especially near my foot. I can benefit from various stretching exercises for my feet, as suggested by my doctor.

(2 pts) 10c. What barriers might you encounter that might prevent you from improving your activity level? What could be some possible solutions?

Motivation is a big factor. It's something I'm trying to figure out. Trying to add it to my regular schedual and prioritizing it like my other daily activities is something that I should strive to do. Again, motivation is my biggest obsticle here. Perhaps speaking with my theropist on how to motiviate myself on excercising would be a start.

(2 pts) 11a. Consider the following information as found under the “Calorie and Fat Sources” section of your “All Daily Reports”. (Hint: Your macronutrients should equal ~ 100%)

| **Nutrient** | **Recommended % of Calories** | **Percentage from your 3-day Average** |
| --- | --- | --- |
| Total Fat | 20-35% | 28% |
| Saturated Fat | <10% | 8% |
| Polyunsaturated Fat | 10% | 4% |
| Monounsaturated Fat | 10% | 9% |
| Trans Fat | 0% | 0% |
| Protein | 10-35% | 16% |
| Carbohydrate | 45-65% | 55% |
| Alcohol | --------- | 0% |

(2 pts) 11b. Compare your nutrient intakes to the recommendations from 11a.   
Check the appropriate box.

|  | **Lower than Recommended** | **Recommended** | **Higher than Recommended** |
| --- | --- | --- | --- |
| Fat |  |  |  |
| Protein |  |  |  |
| Carbohydrate |  |  |  |

(10 pts) 11c. For each category that differs from recommendations (11b) in a way that is unhealthy, name specific foods that you might add, increase, or decrease to meet the recommended levels of intake.

N/A

(2 pts) 12a. Using the “Actual Intakes -vs- Recommended Intakes” section of your reports, check only those nutrients/items for which your 3-day average intake was below 75% or above 150% of the RDA/AI goal. (Hint: It’s possible not every nutrient will have a checkmark.)

| **Nutrient/Item** | **Actual % Intake** | **<75%** | **>150%** |
| --- | --- | --- | --- |
| Calories | 71% |  |  |
| Protein | 118% |  |  |
| Carbohydrates | 71% |  |  |
| Dietary Fiber | 44% |  |  |
| Fat | 71% |  |  |
| Saturated Fat | 59% |  |  |
| Monounsaturated Fat | 64% |  |  |
| Polyunsaturated Fat | 33% |  |  |
| Cholesterol | 95% |  |  |
| Water | 38% |  |  |
| VITAMINS | | | |
| Vitamin A | 58% |  |  |
| Vitamin B1 – Thiamin | 65% |  |  |
| Vitamin B2 – Riboflavin | 90% |  |  |
| Vitamin B3 – Niacin | 70% |  |  |
| Vitamin B6 | 49% |  |  |
| Vitamin B12 | 79% |  |  |
| Vitamin C | 184% |  |  |
| Vitamin D | 24% |  |  |
| Vitamin E | 22% |  |  |
| Folate | 49% |  |  |
| MINERALS | | | |
| Calcium | 48% |  |  |
| Iron | 155% |  |  |
| Magnesium | 52% |  |  |
| Phosphorus | 108% |  |  |
| Potassium | 50% |  |  |
| Sodium | 122% |  |  |
| Zinc | 51% |  |  |

(10 pts) 12b. For only those nutrients or items checked above in 12a that were below 75% or above 150%, what specific food(s) would you add, increase, decrease, and/or substitute in your diet to bring your intake more in line with the recommendations/goals? (Refer to the “All Nutrients Spreadsheet” report for specific food(s) that contributed to the >150% of specific nutrients. Ex: sausage & cheese pizza = high in sodium, total fat, saturated fat, sodium, etc.)

| **Nutrient/Item** | **Foods to Add/Increase** | **Foods to Decrease** |
| --- | --- | --- |
| Calories | I'd add meat. I can eat an extra piece of chicken or extra hot dog. | n/a |
| Protein | n/a | n/a |
| Carbohydrates | I can eat an extra couple of slices of bread or increase my rice intake by a bit. | n/a |
| Dietary Fiber | I'm not getting a lot of fibres from my current diet. I should eat more fruits like apples daily. | n/a |
| Fat | Seems like the extra bread or rice I would take to increase my carbs intake should also take care of my additional fat needs. I can also drink a bit more milk to help in this regard. | n/a |
| Saturated Fat | The increase in bread intake as mentioned above helps my additional needs with regards to saturated fats. It appears things like naans contribute more to saturated fat than does plain bread. | n/a |
| Monounsaturated Fat | Looks like the only thing that contributes to my mono and poly saturated fat intake iare those dreassings for salads and hot dogs. Guess I can take a bit more mayo for my sandwitches and add a bit extra dressing to my salad for a quick solution. | n/a |
| Polyunsaturated Fat | Same solution as detailed under "monosaturated fat"above. | n/a |
| Cholesterol | n/a | n/a |
| Water | I should be dreaking way more water. That is a priority. I have already increased my water intake by 3 additional cups since this report. | n/a |
| VITAMINS | | |
| Vitamin A | Seems like daal is a significant source of my vitamin intake from my daily diet already. I can increase the amount of daal I eat over a week, which count me in because I love daal! 😉 | n/a |
| Vitamin B1 – Thiamin | Meat, milk, bread, and rice seem to contribute most ot my vitamin B1 intake. As I already noted above that I need to eat more of meat, milk, and carbs, that might automatically cover my vitamin B1 needs as well. | n/a |
| Vitamin B2 – Riboflavin | n/a | n/a |
| Vitamin B3 – Niacin | I am almost near the 75% mark. It appears that naan and similar bread includes a significant portion of B3 vitamin. My increase in intake of breads of this type as mentioned above should take care of this as well, Insha'Allah (God Willing). | n/a |
| Vitamin B6 | Meat, milk, bread, and eggs seem to contribute to how much Vitamin B6 I receive. I should eat more of this variety of foods. | n/a |
| Vitamin B12 | n/a | n/a |
| Vitamin C | n/a | So, this came to me as a huge shock. I didn't realize I was taking way too much Vitamin C! Seems like I need to cut down on the smoothie and bananas! Those add a lot of Vitamin C, but has a much less effects on other neutriants that I need. It does contribute to the total carbs intake, but the extra bread and rice I would eat should compensate for the loss of carbs I would see with reduction of strawberries, bananas, and smoothie. |
| Vitamin D | My intake of vitamin D is very low, as is the case for many average americans. I already take a vitamin D3 suppliment (but not regularly, as I tend to forget). So I can double down on that. I can also add fatty fish like salmon to my diet, as I am naturally a fan of salmon. | n/a |
| Vitamin E | Eating more flatbreads and naans can help in this regard. But doing a bit of surching, peanutbuttor and almonds are a great source. I enjoy those, so I should eat more of them. perhaps add a bit Peanut buttor and/or almond chocolate spread to my breakfast…yum! 😋 | n/a |
| Folate | Rice seem to be a big source of folate for me. That as well as those chocolate chip cookies! I can add an extra cookie or tow to my daily snack. Thogh I should be careful with the shugar intake. Eating more rice will also help, both with this and other neutriants as mentioned earlier. | n/a |
| MINERALS | | |
| Calcium | Definitely should drink more milk. I can add a couple of extra glasses every week to accomplish this. The daal also help here. I like daal; so that's something I have no problems increasing. | n/a |
| Iron | n/a | Looks like the flatbread and daal is my biggest sources of iron. This will be a tough one, as we saw earlier I noted increasing in this area would help meet my needs on several other neutriant defeciency. Chicken also plays a role here. I should decrease these items, and try to focus on some alternatives I noted earrlier. This is going to be a tough one. I might need to consult my doctor with this. |
| Magnesium | Milk, chicken, and orange juice contribute to my magnesium intake. I can cnosume more of these. Daal also contributes here, but as mentioned on the previous row, that also adds a large amount of iron. | n/a |
| Phosphorus | n/a | n/a |
| Potassium | Milk is a big contributor; so is chicken, hot dog, and cookies. Drinking a couple of extra glasses of milk a week should help. I'd love to munch more cookies, but that darn iron complicates things for me. Cookies play a role in my iron intake. 😞 | n/a |
| Sodium | n/a | n/a |
| Zinc | I can drink more milk, but also add more nuts to my diet, as well as seafood (which I also love), and whole grain products. Spinach, which I also enjoy, is also a good source. | n/a |

(5 pts) 13a. Some nutrients have no specific RDA/AI value but do have recommendations based on the Dietary Guidelines for Americans (DG).

| **Nutrient** | **DG Recommendation** | **Your Intake** | **Should you increase, decrease or ignore?** |
| --- | --- | --- | --- |
| Fiber | 14 g/1000 calories | 8.6 g/1000 kcal |  |
| Cholesterol | <300 mg/day | 284 mg/day |  |
| Sodium | <2300 mg or <1500 mg/day if black, middle aged/older, or if have high blood pressure | 2,809 mg/day |  |
| Alcohol | 1 drink/day for women 2 drinks/day for men | 0 drink/day |  |

(5 pts) 13b. For only those nutrients from 13a that should be increased or decreased, list specific foods or behaviors that would bring intake in line with recommendations.

| **Nutrient/Item** | **Foods to Increase** | **Foods to Decrease** |
| --- | --- | --- |
| Fiber | Apples, bananas, and whole grain bread, beans, popcorn. However, I do need to watch the iron intake from bananas and breads. | n/a |
| Cholesterol | Foods that are rich in fiber also are good sources of good cholosteral. Beans, whole grain, broccoli, cabbage, avacados (which I love), oatmeal, whole grain. | n/a |
| Sodium | cookies, hot dog, chicken, enriched flower (apple pie, and other things made with it) | n/a |
| Alcohol | n/a | n/a |

(5 pts) 14a. Reviewing the “MyPlate” section of your reports, compare your recommendations and your actual intakes of each food group.

| **Food Group** | **Recommended Intake** | **Actual Intake** | **Percent of Recommended Intake** |
| --- | --- | --- | --- |
| Grains | 9.0 oz | 6.6 oz | 73% |
| Vegetables | 3.5 cups | 0.5 cups | 14% |
| Fruits | 2.9 | 2.0 | 147% |
| Dairy | 1.4 | 3.0 | 46% |
| Protein | 5.1 | 6.5 | 78% |

(5 pts) 14b. For only those food groups from 14a that should be increased or decreased, list specific foods or behaviors that would bring intake in line with recommendations. Hint: utilize MyPlate in your book (e.g.., make half your grains whole; vary your vegetables, etc.).

| **Food Group** | **Foods to Increase** | **Foods to Decrease/Change** |
| --- | --- | --- |
| Grains | Referencing page 42 and figure 2.1 of the textbook, I can replace a lot of the bread I eat with whole grain ones (as I currenly eat mostly the enriched white varient). Replace white rice with brown rice. Whole grain cereals, crackers. | n/a |
| Vegetables | Fresh veggies, including broccoli, cauliflower, spinach (my favorite), dried beans, peas. | n/a |
| Fruits | Apples | Oranges, strawberries, bananas (just cut down on the amounts I have daily, rather than stopping them altogether). |
| Dairy | Milk, cheese, low fat ice cream and frozen yogurt (yum 😋) | n/a |
| Protein | Dried beans, peas, lean meat, fish, eggs. | n/a |

(10 pts) 15. Briefly discuss how the following affects YOUR PERSONAL overall dietary intakes and as a result, how these can impact YOUR overall health/potential for specific diseases:

Eating patterns/meal and snack times:

We, as a family, typically have three meals a day (except this month, which is Ramadan for us). I am in need for improvement in the amount of sugary food I intake, though it is much better than what it was before. I will go around througout the day eating cookies, pies, ice cream, etc. That is a big deal because my family has a history of diabetes.. But in terms of eating fresh meat and vegitables, we are doing well as a family. Of course, we definitely can make adjustments and tweaks to our daily diet, but I am happy with the direction we are going.

Eating out:

Very occationally, though we will order pizza once in a while or grab a bite of Subway sandwitch when we were in a hurry (before the lockdown, that is).

Grocery shopping habits:

We always tend to get fresh meat from chicago because we require halal meat (similar to kosher meat). We buy a lot of frozen veggies, though I personally should increase my consumsion of them. Other than that we buy the tipical groceries from Walmart, Haldi, etc; we get ice cream, cookies, cake mix, bread. We also go to the lcal Asian market and the Indian grocery stores for specialties such as noodles, naan, etc.

(10 pts) 16. If you were required to create an “action plan” based on your current dietary intakes and activity levels to help improve your health and/or prevent long-term poor health outcomes, what would you change? Be specific!

The first thing I would definitely do, Insha'Allah (God Willing), is start eating a lot more vegitables. I love spinach, and we do buy them as a family; so, that would be relatively easy and and a good place to start. I can eat a lot more beans, which is healthy for me. I don't go overboard with meat, so I wouldn't change much there.

Another big area I need to improve on is my irrigular snacking I do throughout the day, in which I eat a bunch of sugary food, such as cookies, pies, chocolates, etc.

I used to have a bad habit of eating too much soda. I would have at least a Coke or Pepsi a dai. Thankfully, that's an area I have improved on in the last few years. I only have a can or two of sodas per month, if any.

A second area I can really benefit from is my excercising. My family has a history of heart desease, diabetes, and high blood pressure, none of which are good for my sedentary lfiestyle. We have a treadmill in our basement. My sister has made a good habit of using it regularly. She can be a good motivation for me to get my act together and improve my cardio. I would also need to focus on excercising my joints around my feet, as recommended by my doctor.

(10 pts) Followed directions. Appropriate spelling, grammar, punctuation, etc. Turned in on time and by method directed. Turned in a copy of “ALL DAILY REPORTS” for reference for instructor during grading.

## SUBMISSION for a Grade

Once you have completed Part 2, please save a copy of this to your computer or flash drive. You then must attach and submit this document AND your “All Daily Reports” file you saved previously. To submit your Part 2 assignment, click under the Diet Analysis Project button on the left side of your Blackboard class site. Click on the Part 2 link. Under the Assignment Submission section, click “Browse My Computer” next “Attach File” to find your saved copies of both your All Daily Reports and this document. Be sure you have clicked submit at the bottom of the page after you have attached the file. Both must be submitted by the due date and time!

***Reminder: This project is REQUIRED! Failure to turn in this project completed and on time, or failure to earn at least a 70/100, will result in you receiving no higher than a D in the class!***