Assignment 3

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NAT160

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Part A. Analysis of the nutrients on your *first weekday food report from Assignment 1 (12 marks)

*your weekday food report from Assignment 1 that has the earliest date (a weekday is Monday, Tuesday, Wednesday, Thursday and Friday)

1. Table A: Analysis of 4 nutrients on your *first weekday food report (4 marks)

		Total Fat grams	Saturated fat grams	Protein grams	Sodium milligrams
Row A	Delete the examples and type your first weekday food report intakes in each column. Change the font to black →	80g	26g	169g	2,790mg
Row B	Delete the examples, type your Target intakes in each column, and change the font to black →	92g	2,374 x .10 = 237.4 237.4/9 = 26.38g	119g	2,300mg
Row C	Delete the examples, type your calculation <u>and</u> the appropriate remark, and change the font to black. <u>Note</u>: If you do not type your calculation, you will not receive any marks. →	80g/92g = 0.87 Remark: my intake is 13% lower than my Target.	26g/26.38g = 0.99 Remark: My intake is 1% lower than my Target.	169g/119g = 1.42 Remark: My intake is 42% higher than my Target.	2790mg/2300mg = 1.21 Remark: My intake is 21% higher than my Target.

Fat (1 mark)

2. A) Type the name of your food that has the **highest amount of fat: Mac & cheese**<u>.</u> Type the grams of fat in this food: 19 <u>grams</u>.

2. B) Type the name of your food that has the **second highest amount of fat**: Scrambled eggs. Type the grams of fat in this food: 16 <u>grams</u>.

Type of Fat (2 marks)

3. A) The main kind of fat in the food on line 2.A) is: Saturated Fat. Type the name of the ingredient that is the source of that fat: High fat milk.

3. B) The main kind of fat in the food on line 2.B) is: Saturated Fat. Type the name of the ingredient that is the source of that fat: Eggs.

Saturated Fat (2 marks)

4. A) Type the name of the food on your *first weekday food report that has the **highest amount of saturated fat**: Chocolate. Type the grams of saturated fat in the food: <u>9 grams</u>.

4. B) Type the name of the food group that the food belongs in. Enter the name of the food group here: Highly Processed Food

These are the names of the food groups: <u>Vegetables and Fruit</u>, <u>Protein Food</u>, <u>Whole Grain Food</u>, <u>Highly Processed Food</u>, or <u>Other Food Group</u>. (Look at Assignment 2 for information about the food groups).

Select this link to <u>Nutrition Value</u> and search for a nutrient-dense food that could replace the food on line 4. A). The food replacement must contain <u>less</u> saturated fat, and it must be from one of these food groups: <u>Vegetables and Fruit</u>, <u>Protein Food</u>, or <u>Whole Grain Food</u>.

Type the name of the food you selected as a replacement: Apple. Type the name of the food group this food belongs in: Vegetables and Fruit.

4. C) Copy and paste the complete URL (from the <u>Nutrition Value</u> site) for the food you selected as a replacement: https://www.nutritionvalue.org/Apples%2C_with_skin%2C_raw_nutritional_value.html?utm_source=share-by-url

4.D) Type the quantity of the food you selected as a replacement. The quantity must be similar to the quantity of food on line 4. A. 50g (half apple)

4.E) Type the grams of saturated fat in the food you selected as a replacement: 0.035 grams of saturated fat

Protein (1 mark)

5. A) Type the name of your food that has the **highest amount of Protein**: Chicken breast grilled boneless skinless. Type the grams of Protein in this food: 89 grams.

5. B) Type the name of your food that has the **second highest amount of Protein**: Grilled salmon. Type the grams of Protein in this food: 22 grams.

Select this link to Nutrition Value and search for a nutrient-dense food that could replace the food on line 5. A). The food replacement must contain close to the same grams of protein, and it must be a plant food that is rich in protein.

Type the name of the food you selected as a replacement: Lentils. It cannot be a protein supplement (i.e., a protein shake, bar, powder.)

5. C) Copy and paste the complete URL (from the Nutrition Value site) for the food you selected as a replacement: https://www.nutritionvalue.org/Lentils%2C_raw_nutritional_value.html?utm_source=share-by-url

5. D) Type the quantity of the food you selected as a replacement. The quantity must be similar to the quantity of food on line 5. A. 300g

Sodium (2 marks)

6. A) Type the name of your food that has the **highest amount of sodium**: Egg Scrambled. Type the milligrams of sodium in this food: 783 mg

6. B) Type the name of the food group that the food belongs in. (i.e., Vegetables and Fruit, Protein Food, Whole Grain Food, Highly Processed Food, or Other Food Group): Protein Food

Select this link to Nutrition Value and search for a nutrient-dense food that could replace the food on line 6. A). The food replacement must contain less sodium, and it must be from one of these food groups: Vegetables and Fruit, Protein Food, or Whole Grain Food.

Type the name of the food you selected as a replacement. Note: The food replacement must be different than the one you selected in question 4, 10 and 12. Tofu.

Type the name of the food group this food belongs in: Protein Food.

6.C) Copy and paste the complete URL for the food that you selected as a replacement: https://www.nutritionvalue.org/Tofu%2C_fried_nutritional_value.html?utm_source=share-by-url

6.D) Type the quantity of the food you selected as a replacement. The quantity must be similar to the quantity of food on line 6. A. 122 grams

6.E) Type the grams of sodium in the food you selected as a replacement: 4.54 milligrams

Part B. Analysis of nutrients on your second weekday food report from Assignment 1 (12 marks)

7. Table B: Analysis of 4 nutrients on your second weekday food report (4 marks)

		Total Fat grams	Saturated Fat grams	Protein grams	Sodium milligrams
Row A	Type your second weekday food report intakes here →	87g	33g	153g	3,189mg
Row B	Type your Target intakes here →	92g	2,374 x .10 = 237.4 237.4/9 = 26.38g	119g	2,300mg
Row C	Type your calculation and the appropriate remark→	87g/92g = 0.95 Remark: my intake is 5% lower than my Target.	33g/26.38g = 1.25 Remark: My intake is 25% higher than my Target.	153g/119g = 1.29 Remark: My intake is 29% higher than my Target.	3189mg/2300mg = 1.39 Remark: My intake is 39% higher than my Target.

Fat (1 mark)

8. A) Type the name of your food that has the **highest amount of fat:** Beef steak. Type the grams of fat in this food: 43 grams.

8. B) Type the name of your food that has the **second highest amount of fat**: Bacon. Type the grams of fat in this food: 11 grams.

Type of Fat (2 marks)

9. A) The main kind of fat in the food on line 8.A) is: Satured Fat. Type the name of the ingredient that is the source of that fat: Beef.

9. B) The main kind of fat in the food on line 8.B) is: Satured Fat. Type the name of the ingredient that is the source of that fat: Pork.

Saturated Fat (2 marks)

10. A) Type the name of your food on your <mark>second weekday food report</mark> that has the **highest amount of saturated fat**: Beef Steak. Type the grams of saturated fat in the food: 17 grams.

10. B) Type the name of the food group that the food belongs in. (i.e., Veg. and Fruit, Protein, Whole Grain, Highly Processed Food, or Other Food Group): Protein

Select this link to Nutrition Value and search for a nutrient-dense food that could replace the food on line 10.A). The food replacement must contain less saturated fat, and it must be from one of these food groups: Vegetables and Fruit, Protein Food, or Whole Grain Food. Note: The food replacement must be different than the one you selected in question 4, 6 and 12.

Type the name of the food you selected as a replacement: Quinoa

Type the name of the food group this food belongs in: Whole Grain Food.

10. C) Copy and paste the complete URL for the food you selected as a replacement:

https://www.nutritionvalue.org/Quinoa%2C_cooked_nutritional_value.html?utm_source=share-by-url

10. D) Type the quantity of the food you selected as a replacement. The quantity must be similar to the quantity of food on line 10. A). 300g

10. E) Type the grams of saturated fat in the food you selected as a replacement: 0.427 grams

Protein (1 mark)

11. A) Type the name of your food that has the **highest amount of Protein**: Beef Steak. Type the grams of Protein in this food: 81 grams.

11. B) Type the name of your food that has the **second highest amount of Protein**: Smoked ham. Type the grams of Protein in this food: 12 grams.

Select this link to Nutrition Value and search for a nutrient-dense food that could replace the food on line 11. A). The food replacement must contain close to the same grams of protein, and it must be a plant food that is rich in protein. Type the name of the food you selected as a replacement: Edamame. It cannot be the same as the food you selected for question 5, and it cannot be a protein supplement (i.e., a protein shake, bar, powder.)

11. C) Copy and paste the complete URL (from the Nutrition Value site) for the food you selected as a replacement: https://www.nutritionvalue.org/Edamame%2C_cooked_41420020_nutritional_value.html?utm_source=share-by-url

11. D) Type the quantity of the food you selected as a replacement. The quantity must be similar to the quantity of food on line 11. A. 300g

Sodium (2 marks)

12. A) Type the name of your food that has the **highest amount of sodium**: Smoked Ham. Type the milligrams of sodium in this food: 725 mg

12. B) Type the name of the food group that the food belongs in. (i.e., Vegetables and Fruit, Protein Food, Whole Grain Food, Highly Processed Food, or Other Food Group): Highly Processed Food

Select this link to Nutrition Value and search for a nutrient-dense food that could replace the food on line 12.A). The food replacement must contain less sodium, and it must be from one of these food groups: Veg. and Fruit, Protein Food, or Whole Grains Food. The food replacement must be different than the one you selected in question 4, 6, and 10.
Type the name of the food you selected as a replacement: Chickpeas
Type the name of the food group this food belongs in: Protein Food.
12.C) Copy and paste the complete URL for the food that you selected as a replacement:
https://www.nutritionvalue.org/Chickpeas_%28garbanzo_beans%2C_bengal_gram%29%2C_raw%2C_mature_seeds_nutritional_value.html?utm_source=share-by-url
12.D) Type the portion size (quantity) of the food you selected as a replacement: 70g
12.E) Type the grams of sodium in the food you selected as a replacement: 48 milligrams

Part C: DASH Diet Plan on Table C, and a mynetdiary.com food report (8 marks)

13. Table C: Foods and the quantity of each food in your 1-day DASH Diet plan (4 marks)

7 Food Groups	**Column A** Type the **name** of every food that you will eat on your 1-day DASH Diet	**Column B** Type the **quantity** of food that you will eat on your 1-day DASH Diet
Whole Grains	Oatmeal, Quinoa	1 cup of each
Vegetables	Broccoli (steamed), Carrots	1 cup of each
Fruit	Apple, Banana	1 unit of each
Low-fat/fat-free dairy foods (or an alternative such as soy beverage or cashew cheese)	Low-fat yogurt, skim milk	1 cup of each
Lean meat, poultry, egg, or fish	Grilled chicken breast, Salmon	120g of each
Nuts, legumes, seeds	Almonds, Lentils	120g of almonds, 1 cup of lentils
Fats and oils	Olive oil, avocado	2 tbsp of oil, half avocado