Assignment 3  
Due Date: July 27, 2024  
Value: 30% of your final grade

Learning Outcomes  
To identify changes required to improve your intake of specific nutrients. To develop a unique 1-day diet plan, based on the Dietary Approaches to Stop Hypertension (DASH) Diet.

General guidelines for completing this assignment

* Save this file to your computer (i.e., select **Save As** YOUR STUDENT NAME - Assignment 3) and type your answers in a black font, directly on the black lines and in the black tables that are on the following pages.
* Create a cover page.
* Use only the weblinks in this assignment when you are looking for an answer. Do not use Google.
* Work independently so that your answers are uniquely yours, and are not the same as anyone else’s answers
* After you have answered the questions, delete the instructions from the assignment.
* Delete all the instructions before submitting your assignment. Instructions are typed in a purple font.
* Do not change the question numbers. Do not use bullet points in your assignment.
* Type your answers in complete sentences, in black font, on the lines provided. Do not use any other font colour.
* Follow the Instructions for submitting your assignment at the bottom of this page.

Late Penalties   
Assignments that are uploaded more than 10 minutes late will lose 5% of the grade and will continue losing 5% per day. Assignments uploaded more than 7 days past the due date will not be graded. If an extension is required, your request must be sent to the instructor at least 1 week before the assignment due date.  
  
Grade Penalties   
**Assignments that have** **format errors will lose** **5%** **for each error**. These are examples of format errors:

* Assignment does not have a cover page.
* Instructions were not deleted from your assignment. **5% will be deducted from your assignment for each page that has instructions on it.**
* There is more than 1 font style, size, or colour in your assignment
* Your answer is not typed on the lines provided. Your answers must be underlined.
* Sentences are incomplete, and/or your assignment contains more than 3 grammatical errors and spelling errors.
* Bullet points were used in your assignment.
* A question number was changed and is incorrect.
* You did not upload a DASH Diet food report pdf. (see Part C)

Academic Honesty  
It is important to use your own words to create a unique assignment. All plagiarism will be reported to Seneca’s Academic Integrity Committee, ELS. Select this link for more information: [Academic Integrity Policy](https://www.senecacollege.ca/about/policies/academic-integrity-policy.html).

## Instructions for submitting your assignment

* Delete this page and delete all the instructions in the assignment. Instructions are typed in a purple font.
* Review the Grade Penalties (above) and make any necessary corrections to your assignment.
* Create a cover page for this assignment. See the example cover page in the Assignments section.
* Create a new file name for this assignment. Select File, and select **Save As** YOUR STUDENT NAME - Assignment 3
* On or before the due date, go to the Assignment 3 folder of the NAT160 website, select the link to upload your Assignment 3 file **AND** upload the DASH Diet food report that you created for **Part C**.  
  Note: SafeAssign will automatically check your assignment for plagiarism.

**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  
Instructions for completing Table A  
1. A) Look at your \*first weekday food report. On Table A, Row A, type your intake of Total Fat, Saturated Fat, Protein, and Sodium from your \*first weekday food report. Do not write the Percentages, or the Targets on Row A.

1. B) On Table A, Row B, type your Target intake of Total Fat, Saturated Fat, Protein, and Sodium from your \*first weekday food report. You will not find a Target intake for Saturated Fat on your food report from mynetdiary.com, so it is necessary to calculate your Target intake for Saturated Fat. *Use this formula: (your Target calories) x (.10) divided by 9.* Type the calculation and the result on Table A. *Example: Niki’s Target intake for Calories is 2,010. This is Niki’s calculation to find her Target intake for Saturated Fat: 2,010 Calories x .10 = 201. 201/9 = 22.3 grams of saturated fat*

1. C) On Table A, Row C, calculate the percentage of your Target intake that you reached. You must type your calculation and a remark. Use this formula: your intake/your Target intake = the result. Review the examples on Table A and delete them before typing your calculations and remarks. Change the font colour to black.  
**Note**: If you do not type your calculations and the correct remarks on Table A, you will not receive any marks. Delete all the examples on Table A and change the font colour to black before you type your numbers.

|  |  | 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 🡪 | e.g., 96g | e.g., 39g | e.g., 72g | e.g., 2,400mg |
| Row B | Delete the examples, type your Target intakes in each column, and change the font to black 🡪 | e.g., 78g | To receive a mark, type the formula e.g., 2010 x .10 = 201 201/9 = 22.3g | e.g., 82g | e.g., 2,300mg |
| Row C | Delete the examples, type your calculation and the appropriate remark, and change the font to black. Note: If you do not type your calculation, you will not receive any marks. 🡪 | Example calculation: 96g/78g = 1.23  Remark: my intake is 23% higher than my Target. | Example calculation: 39g/22.3g = 1.75  Remark: My intake is 75% higher than my Target. | Example calculation: 72g/82g = 0.88  100 – 88 = 12 Remark: My intake is 12% lower than my Target. | Example calculation:  2400mg/2300mg = 1.04  Remark: My intake is 4% higher than my Target. |

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

2. Find the 2 foods on your \*first weekday food report that contain the highest amounts of Total Fat. Type the names of the 2 highest-fat foods on that food report and type the grams of fat in each food on line 2.A) and 2.B). (1 mark)

**Fat** (1 mark)  
2. A) Type the name of your food that has the **highest amount of fat:** . Type the grams of fat in this food: grams.  
2. B) Type the name of your food that has the **second highest amount of fat**: . Type the grams of fat in this food: grams.

3. Select the link and read this webpage: [Facts on Fats](https://www.unlockfood.ca/en/Articles/Heart-Health/Facts-on-Fats.aspx). Use the information on the webpage to help you identify the type of fat in the food on line 2.A) and 2.B). In particular, you must determine if the main type of fat in these foods is saturated fat, polyunsaturated fat, or monounsaturated fat. You will also identify the name of the specific ingredient that is the source of that fat. Enter your answers on line 3. A) and line 3. B). (2 marks)

***Example****: Kia has a cheese sandwich on her food report, and it has the highest amount of fat. The main kind of fat in the cheese sandwich is saturated fat. The name of the ingredient that is the source of that fat: high fat milk.***Type of Fat** (2 marks)

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

**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**: . Type the grams of saturated fat in the food: grams.  
4. B) Type the name of the food group that the food belongs in. Enter the name of the food group here:   
These are the names of the food groups: Vegetables and Fruit, Protein Food, Whole Grain Food, Highly Processed Food, or Other Food Group. (Look at Assignment 2 for information about the food groups).

Select this link to [Nutrition Value](https://www.nutritionvalue.org/) and search for a nutrient-dense food that could replace the food on line 4. 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.  
Type the name of the food you selected as a replacement: . Type the name of the food group this food belongs in: .

4. C) Copy and paste the complete URL (from the [Nutrition Value](https://www.nutritionvalue.org/) site) for the food you selected as a replacement:

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

5. Find the 2 foods on your \*first weekday food report that contain the highest amounts of Protein. Type the names of the 2 foods that contain the most Protein on that food report and enter the grams of Protein in each food on line 5. A) and 5. B). (1 mark)

**Protein** (1 mark)

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

Select this link to [Nutrition Value](https://www.nutritionvalue.org/) 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: . 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](https://www.nutritionvalue.org/) site) for the food you selected as a replacement:

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.

6. Find the food on your \*first weekday food report that contains the highest amount of sodium. On line 6. A type the name of the food that contains the most sodium and enter the milligrams of sodium in the food.

**Sodium** (2 marks)

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

Select this link to [Nutrition Value](https://www.nutritionvalue.org/) 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.

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

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

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

**Part B.** Analysis of nutrients on your second weekday food report from Assignment 1 (12 marks)  
To complete Table B you can follow the instructions for completing Table A, but you must use the data from your second weekday food report to complete Table B.  
  
 **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 🡪 |  |  |  |  |
| Row B | Type your Target intakes here 🡪 |  |  |  |  |
| Row C | Type your calculation and the appropriate remark🡪 |  |  |  |  |

8. Find the 2 foods on your second weekday food report that contain the highest amounts of Total Fat. Type the names of the 2 highest-fat foods on that food report, and also type the grams of fat in each food on line 8. A) and 8. B). (1 mark)

**Fat** (1 mark)  
8. A) Type the name of your food that has the **highest amount of fat:** . Type the grams of fat in this food: grams.  
8. B) Type the name of your food that has the **second highest amount of fat**: . Type the grams of fat in this food: grams.

9. Follow the same instructions in question 3. Identify the type of fat in the foods on lines 8. A) and 8. B). Enter your answers on line 9. A) and line 9. B. (2 marks)

**Type of Fat** (2 marks)

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

**Saturated Fat** (2 marks)

10. A) Type the name of your food on your second weekday food report that has the **highest amount of saturated fat**: . Type the grams of saturated fat in the food: 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):

Select this link to [Nutrition Value](https://www.nutritionvalue.org/) 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:

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

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

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

11. Find the 2 foods on your second weekday food report that contain the highest amounts of Protein. Type the names of the 2 foods that contain the most Protein on that food report and enter the grams of Protein in each food on line 11. A) and 11. B). (1 mark)  
**Protein** (1 mark)

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

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

Select this link to [Nutrition Value](https://www.nutritionvalue.org/) 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: . 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](https://www.nutritionvalue.org/) site) for the food you selected as a replacement:

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.

12. Find the food on your second weekday food report that contains the highest amounts of Sodium. On line 12. A) type the name of the food that contains the most sodium and enter the milligrams of sodium in the food.

**Sodium** (2 marks)

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

Select this link to [Nutrition Value](https://www.nutritionvalue.org/) 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:

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

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

12.D) Type the portion size (quantity) of the food you selected as a replacement:   
12.E) Type the grams of sodium in the food you selected as a replacement: milligrams

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

Many people eat too much sodium, and that may be harmful to their health. In this part of the assignment, you are going to plan and eat the low-sodium DASH diet for 1 day. **DASH=Dietary Approaches to Stop Hypertension**. You will list the quantity of each food and drink on Table C. You will also create 1 new food report on mynetdiary.com. That food report will include all the foods and drinks that you typed on Table C. Review the following instructions.

* Select the link and read this webpage [The DASH diet: A great way to eat foods that are healthy AND delicious](https://www.health.harvard.edu/blog/the-dash-diet-a-great-way-to-eat-foods-that-are-healthy-and-delicious-2019072517326). Carefully review the guidelines in this section of the DASH Diet webpage: **Getting started on the DASH diet**. You are required to follow the guidelines and plan a DASH Diet for 1 day. However, the guidelines are based on a 2,000 calorie per day diet, and this may be too few (or too many) calories for you. Therefore, you will need to modify the number of Daily servings to ensure that you consume close to your Target calories. You can find your Target calories on the mynetdiary.com food reports that you completed for Assignment 1.
* Read this section of the DASH Diet webpage[: ***Here are some tips for incorporating the DASH diet throughout your day***](https://www.health.harvard.edu/blog/the-dash-diet-a-great-way-to-eat-foods-that-are-healthy-and-delicious-2019072517326). The tips are helpful and make it easier to plan your 1-day DASH Diet.
* The first step in planning your DASH Diet is to create a list of **14** foods (or more) that you plan to eat for 1 day. On Table C in Column A type the name of every food you will eat. You must include **2** foods (or more) for each of the **Food Groups** on Table C. (i.e., 2 foods/food group x 7 food groups = **14** foods on Table C)
* Do not include any Highly Processed Foods in your DASH Diet. You must include only healthy, nutrient dense foods.
* It is essential that you include the specific name of each food. “Mixed Vegetable” is not a specific food name. “Cauliflower” is a specific name of a vegetable.
* On Table C in Column B type the quantity (amount) of each food that you typed in Column A.

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

|  |  |  |
| --- | --- | --- |
|  | **Column A** | **Column B** |
| **7 Food Groups** | Type the **name** of every food  that you will eat on your 1-day DASH Diet | Type the **quantity** of food that you will eat on your 1-day DASH Diet |
| [Whole Grains](https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/whole-grains/) | *Example brown rice (delete this example)* | *Example 0.5 cups (delete this example)* |
| Vegetables |  |  |
| Fruit |  |  |
| Low-fat/fat-free [dairy](https://www.myplate.gov/eat-healthy/dairy) foods (or an alternative such as soy beverage or cashew cheese) |  |  |
| Lean meat, poultry, egg, or fish |  |  |
| Nuts, [legumes](https://www.unlockfood.ca/en/Articles/Cooking-Food-Preparation/Cooking-with-Legumes.aspx), seeds |  |  |
| Fats and oils |  |  |

14. Create 1 **new** food report on mynetdiary.com and include **all** the foods from Table C. (4 marks)  
 Follow these instructions closely to create your DASH Diet food report pdf:

* Include the 14 foods (or more) in the quantities that you typed on Table C. If you add additional foods to your food report, then you must revise Table C and add the same additional foods!
* Include a non-alcoholic beverage with every meal and ensure your food report has a minimum of 1 Liter of beverages. Do not enter water, alcohol, tea, or coffee on Table C.
* Your goal is to be as close as possible to your Target for Calories, Total Fat, Protein, Fiber, and Sodium.
* Download and save the DASH Diet food report pdf that you created
* Upload your DASH Diet food report pdf when you upload your Assignment 3 file   
  **Note**: Do not paste your DASH Diet food report onto this page.