

How to complete Table A:

Record the dates and days of the week (e.g., Monday) in the table columns. Then, take a screenshot of each day of your dietary records (what you ate and drank) and paste into the columns below.

How to complete Table B:

Your dietary analysis program will calculate 3-day averages of key nutrients for you. You may have to search in the program to find all of the nutrients required for this project. Please type your averages in Table B – do NOT copy/paste the 3-day averages. Then complete Table B by typing in the nutrient recommendations (see Recommendation Tables on Canvas) and determining whether your average intake meets the recommendations.

Tips for Analysis:

- For those nutrients that don't have an RDA/AI or UL (e.g., macronutrients: protein, carbohydrates, fats), write "N/A".
- How do I know if I'm meeting the nutrient recommendations?
 - You are *at* or *above* the RDA/AI (if the nutrient has one) *and*
 - You are *below* the UL (if the nutrient has one).
 - For macronutrients, you are within the AMDR ranges.
 - For the EER, you are within 100 kcalories (either above or below)
- Many of the apps list vitamins and minerals as percentages. You may need to convert these to mg. Here's how:
 - Identify the RDA/AI in mg using the Recommendation Tables
 - Multiply that number by the average daily percentage from your app
 - The resulting number will be your intake in mg/day
 - *Example:* My app says I'm getting 50% of my daily iron requirement. The RDA for iron (for women) is 8 mg/day. $\rightarrow 8 \times 0.50 = 4$ mg/day (this is my daily intake)

How to complete Table C:

Complete the table **and** reflection questions by thinking about what specific foods/beverages could be added, removed, or reduced within your diet to meet the recommendations. *Tip: Try taking one of your daily diet records in the app and play with substitutions/additions.*

University Health Services Nutrition Services






This project may present material that prompts you to feel the need to speak with a professional about your personal nutrition or to explore your dietary lifestyle further. Please take advantage of the University's on-campus nutrition services available to you, including individual appointments with a registered dietitian (call (512) 475-8010 to schedule), as well as the Mindful Eating Program and peer education workshops on a variety of wellness topics. Visit

<https://healthyhorns.utexas.edu/dietitian.html>.

University Resources for Students with Food Insecurity

If you or a student you know is experiencing an inability to procure adequate, nutritious food on a regular basis, you can find support at the UT Outpost, which is a free food pantry for students. For food assistance due to emergency situations, you can find support through Student Emergency Services or the Emergency Assistance Fund.

Data Collection: Table A

Day 1	Date: July 13, 2024	Day of Week: Saturday	Day 2	Date: July 14, 2024	Day of Week: Sunday	Day 3	Date: July 15, 2024	Day of Week: Monday
<div>(Screenshot of Foods/Beverages Consumed)</div> <div></div> <div><div><div><div><div></div><div>Egg Whites Only, Cooked</div><div>2 unknown size</div><div>145.4</div><div>kJ</div></div><div><div></div><div>Bacon, Pork</div><div>2 slice - 6" long</div><div>313.5</div><div>kJ</div></div></div><div><div></div><div>Lunch</div><div></div></div><div><div><div><div></div><div>Chick-fil-A Sauce</div><div>2 package</div><div>1175.6</div><div>kJ</div></div><div><div></div><div>Chick-fil-A, Spicy Chicken Sandwich</div><div>1 each</div><div>1940.0</div><div>kJ</div></div><div><div></div><div>Chick-fil-A, Soft Drink</div><div>1 medium with ice - 20 fl oz cup</div><div>0.0</div><div>kJ</div></div><div><div></div><div>Tap Water</div><div>5 cup</div><div>0.0</div><div>kJ</div></div></div><div><div></div><div>Dinner</div><div></div></div><div><div><div><div></div><div>Southside Market & Barbeque, Elgin Beef ...</div><div>2 serving</div><div>1341.2</div><div>kJ</div></div><div><div></div><div>Meyer's, Jalapeno Summer Elgin Sausage, ...</div><div>7 oz</div><div>921.4</div><div>kJ</div></div></div><div></div><div></div></div></div></div></div>			<div>(Screenshot of Foods/Beverages Consumed)</div> <div></div> <div><div><div><div></div><div>Uncategorized</div><div></div></div><div><div></div><div>Breakfast</div><div></div></div><div><div><div></div><div>Home Chef, Tangy Pork Al Pastor-Style T...</div><div>4 Serving</div><div>11890.5</div><div>kJ</div></div></div><div><div></div><div>Lunch</div><div></div></div><div><div></div><div>Dinner</div><div></div></div><div><div></div><div>Snacks</div><div></div></div></div></div>			<div>(Screenshot of Foods/Beverages Consumed)</div> <div></div> <div><div><div><div></div><div>Breakfast</div><div></div></div><div><div><div></div><div>Organic Valley, Whole Milk, DHA Omega 3</div><div>2 cup (240ml)</div><div>1339.8</div><div>kJ</div></div></div><div><div><div></div><div>Kellogg's, Apple Jacks Cereal</div><div>2 cup, whole pieces</div><div>943.0</div><div>kJ</div></div></div><div><div></div><div>Lunch</div><div></div></div><div><div><div><div></div><div>Chick-fil-A, Chick-n-Strips</div><div>8 strip</div><div>3731.3</div><div>kJ</div></div><div><div><div></div><div>Sprite</div><div>1 fl oz</div><div>51.6</div><div>kJ</div></div></div><div><div><div></div><div>Chick-fil-A Sauce</div><div>2 package</div><div>1175.6</div><div>kJ</div></div></div><div><div></div><div>Dinner</div><div></div></div></div><div><div><div><div></div><div>Chick-fil-A, Chick-n-Strips</div><div>8 strip</div><div>3731.3</div><div>kJ</div></div><div><div><div></div><div>Sprite</div><div>1 fl oz</div><div>51.6</div><div>kJ</div></div></div><div><div><div></div><div>Chick-fil-A Sauce</div><div>2 package</div><div>1175.6</div><div>kJ</div></div></div><div><div><div></div><div>Chick-fil-A, 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Data Analysis: Table B

Nutrient	What is the daily recommendation for this nutrient? (amount/day)	3-day average intake (amount/day)	What is the UL for this nutrient? (#/day) – <i>for none, write N/A</i>	Are you meeting the recommendations?	
				Yes / No	If not, are you: Above the UL or AMDR? -Or- Below the RDA/AI or AMDR?
Energy (kcal)	EER:7106.8	3567	N/A	No	I'm below the EER
Protein (g)	g: 56	47.6	N/A	No	I'm below the AI/RDA
Protein (% of intake)	AMDR: 10-35%	45%	N/A	No	I'm above the AMDR
CHO (g)	g: 130	61.6	N/A	No	I'm below AI/RDA
CHO (% of intake)	AMDR: 45-65%	30%	N/A	No	I'm above the AMDR
Fiber (g)	g: 38	3.3	N/A	No	I'm below the AI/RDA
Total Sugar (g)	g: N/A	0	N/A	Yes	
Fat (g)	g: N/A	46.3	N/A	Yes	No RDA, AI, or UL set
Fat (% of intake)	AMDR: 20-35%	25%	N/A	Yes	
Saturated Fat (g)	g: 4.63	1.51	4.63	Yes	
Trans Fat (g)	g: 0	0.1	0	Yes	I'm above the RDA and UL
Sodium (mg)	AI: 1500	1839.3	2300mg/day	Yes	
Potassium (mg)	AI: 3400	435	N/A	No	I'm below the AI/RDA
Vitamin A (mg)	RDA: 900 micrograms	47.9micro grams	3000 micrograms /day	No	I'm below the AI/RDA
Vitamin C (mg)	RDA: 90	0.7	2000mg/day	No	I'm below the RDA
Calcium (mg)	RDA: 1000	164.2	2500mg/day	No	I'm below the RDA
Iron (mg)	RDA: 8	4.9	45mg/day	No	I'm below the RDA

Data Interpretation: Table C

<p>List each nutrient that was above or below the recommended amounts (from Table B)</p> <p><i>List one nutrient per row</i></p>	<p>What could be changed with your diet to meet the recommendations? Depending on whether you are above or below the recommendations, you will either add* foods/beverages or reduce foods/beverages.</p> <p><i>*Remember, foods contain multiple nutrients! For example, if you are under-consuming both Vitamin A <u>and</u> potassium, find a food to add to your diet that contains both nutrients and would meet both of those needs.</i></p>	
	<p>What foods/beverages could you add? How much do you need to add (servings, cups, or oz equivalents)?</p>	<p>What foods/beverages could you reduce? How much do you need to reduce (servings, cups, or oz equivalents)?</p>
Energy	<p>Some foods that I can add would be chicken strips (Chick-Fil-A), al-pastor tacos, seafood in general, and/or a sugary drink; and the amount needed would be 2-4 servings per each food listed.</p>	<p>None, as it seems most of the foods that I have consumed in the course of three days, somewhat equally contain all of the three categories such as carbs, protein, and fat.</p>
Protein	<p>Some foods that I can add would be chicken alfredo, beef enchiladas with cheese, and scallops as a side option. For the chicken alfredo and beef enchiladas, it would be 2 servings (max), and for the scallops 3-5 servings.</p>	<p>Some foods that I would try and reduce to keep the amount of red meat evenly balanced, is to reduce the amount of pork products by 1-3 servings to maintain a healthy consumption of red meat.</p>
Carbohydrates	<p>A food that I can add would be more whole wheat bread in things like sandwiches and such. I would need 2-4 servings.</p>	<p>None, as the majority of the foods that I consume are beneficial towards the RDA, according to Table B</p>
Fiber	<p>Some foods that I can add would be dark chocolate and popcorn as they contain high amounts of fiber. A moderate 1-3 servings (or 1 bar of dark chocolate) of popcorn should be sufficient, to be in compliance with the RDA set in Table B.</p>	<p>None, as the majority of the foods that I consume are beneficial towards the RDA in Table B</p>
Trans Fat	<p>No food should be added towards trans-fat, as we want to keep the amount of trans fat as minimum as possible</p>	<p>Consume in moderation, or reduce the amount of servings (by 1 to 3) of fried foods as it is part of my daily lunch every now and then.</p>

Potassium	Some foods and drinks that I can add to meet the RDA/AI of potassium is to drink more dairy-free, non-fat, or other alternate milk that can contain high potassium. A food that I can add is baked potato (with or without the skin).	No food is needed to be reduced as it contributes towards the RDA/AI of Potassium.
Vitamin A	For these two nutrients, I can add orange juice that is fortified with Vitamin A, E, D, and Calcium; which I need to consume two cups to complete the recommendation, according to Table B.	No food is need to reduce; most of the food that I consume benefits towards the daily RDA/AI consumption in accordance to Table B
Vitamin C		
Calcium		
Iron	A food that I can add more of, to evenly accomplish the RDA/AI for Iron, would be to consume 1-2 more servings of cereal to meet the RDA/AI of Iron in Table B.	No food is need to reduce as the current food item that I'm consuming benefits towards the RDA/AI of Iron, according to Table B

You may add more rows below, if needed.

Discussion: Answer the following questions in 2-3 sentences each.

- 1.) Describe your reaction to the status of your diet compared to the recommendations.
My reaction to the status of my diet compared to the recommendation is not much but small surprise, since I was recording data over the weekend starting on Friday to Sunday, in which I do not consume to much of my normal weekday intake. Thus, the results of me being abysmally short of the RDA for the nutrients above was a metric of my "weekend" intake.
- 2.) How has your view and understanding of nutrition and health been impacted by the Dietary Analysis project?

My view and understanding of my nutrition and health has been impacted by the Dietary Analysis project through the tracking of my average daily consumption, in which, much of my surprise is abysmally low in many of my nutrients, minerals, and vitamins intake when compared to the RDA/AI rule for my age group and weight class. Overall, it was an enjoyable and fun experience doing this project as it showed me how tracking my daily intake can be beneficial in both the long-term and short-term in meeting the RDA/AI targets by knowing what to reduce and what to add for intake.

- 3.) Will you try to implement the changes your analysis suggested in order to improve your diet quality and overall health status? Why or why not?

To a certain extent, yes I will implement these changes from my analysis; but overall, the metrics are not aligned to my regular weekday consumption. Furthermore, the analysis that I concluded from data can help gauge on how much to reduce or add in consumption/intake in regular “weekday” diet to improve my overall health and diet quality.