**Dietary Analysis Project: Data Form Name: Abdon Morales**

***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. 🡪 8 x 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 13, 2024 | Day of Week:  Monday |
| (Screenshot of Foods/Beverages Consumed) | | | (Screenshot of Foods/Beverages Consumed) | | | (Screenshot of Foods/Beverages Consumed) | | |

**Data Analysis: Table B**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Nutrient | What is the daily recommend-dation for this nutrient?  (amount/day) | 3-day average intake (amount/day) | What is the UL for this nutrient?  (#/day) – *for none, write N/A* | Are you meeting the recommendations? | |
| Yes / No | If not, are you:  Above the UL or AMDR?  -Or-  Below the RDA/AI or AMDR? |
| Energy (kcals) | 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 |  |  |
| 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: (<10% from saturated fat) | 15.1 |  | Yes |  |
| Trans Fat (g) | g: 0 | 0.1 | 0 | No | I’m above the RD 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 | 47.9micrograms | 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**

|  |  |  |
| --- | --- | --- |
| List each nutrient that was above or below the recommended amounts  (from Table B)  *List one nutrient per row* | 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.  \**Remember, foods contain multiple nutrients! For example, if you are under-consuming both Vitamin A and potassium, find a food to add to your diet that contains both nutrients and would meet both of those needs.* | |
| What foods/beverages could you **add**?  How much do you need to add (servings, cups, or oz equivalents)? | What foods/beverages could you **reduce**?  How much do you need to reduce  (servings, cups, or oz equivalents)? |
| Energy |  |  |
| Protein |  |  |
| Carbohydrates |  |  |
| Fiber |  |  |
| Potassium |  |  |
| Vitamin A |  |  |
| Vitamin C |  |  |
| Calcium |  |  |
| Iron |  |  |

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.
2. How has your view and understanding of nutrition and health been impacted by the Dietary Analysis project?
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?