

## **2024 EPHE 155 Diet analysis and six week nutritional challenge.**

### **Diet Analysis\*\* (15%)**

**Due: September 26, 2024**

Use the diet analysis software that accompanied your text book or one of the free online diet analysis tools (such as MyFitnessPal: Calorie Counter) such as to analyze your nutrient intake for 3 days.

In a brief report, please include:

1. A list of all of the foods and beverages you ate and drank each day (along with approximate amounts)
2. A summary table of the nutrients you obtained from the food. For each day report:
  - a. Calories
  - b. Total Fat
    - i. Saturated fat
  - c. Cholesterol
  - d. Sodium
  - e. Total Carbohydrates
    - i. Dietary Fiber
    - ii. Sugar
  - f. Protein
  - g. Calcium
  - h. Iron
  - i. Vitamin A
  - j. Vitamin C
3. Indicate if your caloric intake appropriate for your energy requirements. Highlight which nutrients that you are getting in adequate amounts and which ones you may need to focus on improving in your diet.
4. Discuss if there is anything in your diet that you should change based on the analysis results.
5. Indicate what you are going to do for your 6 week dietary challenge.

\*\* If you are under the care of a dietician and this is something you shouldn't complete, please see me privately.

## Six Week Nutritional Challenge Reflection (15%)

**Due: November 28th**

Choose some sort of personal nutritional challenge that you would like to attempt for six weeks aimed at improving your health or nutritional status! The challenge should be described using SMART goals. Specific, measurable, achievable, relevant, time-bound (ie. you can determine if you were successful or not). *Challenge statements such as 'improve my eating habits' or 'decreasing sugar in my diet' are not specific enough.*

**Please DO NOT do a cleanse as part of the challenge.** This is a personal experience so please choose something that is relevant to you. If you are not sure if the challenge is appropriate, you can ask me before or after class or via email. Some examples of challenges are:

- Eating breakfast everyday
- Decreasing caffeine intake by a certain amount (ie. only have 1 cup per day)
- Meeting the Food Guide suggestions for vegetable/fruit intake
- Trying a different diet model (Vegetarian, Mediterranean, Asian etc.)
- Taking a homemade lunch everyday
- No fast food from outlet restaurants (McDonalds, Burger King etc)
- Eliminating something unhealthful from your diet (or restricting the number of times per week you consume it)
- Trying a certain type of healthy and safe supplement

**Your reflection of the six week challenge should answer the following questions. There is no need to cite references and your reflection should be a maximum of two pages.**

1. What was your challenge?
2. Why did you choose this challenge?
3. What was the most difficult part of the challenge?
4. Were you able to successfully complete the challenge? If not, why?
5. In hindsight do you think your challenge was a reasonable change to make for six weeks? How would you modify it (if necessary) to make it an easier change?
6. Will you continue with the diet modification that you made? Why or why not?

**\*\* This is a 'participation' grade.** If you try to complete a six week challenge and hand in your reflection on how it went (answering the questions above) then you will receive the 15% allotted to the assignment.