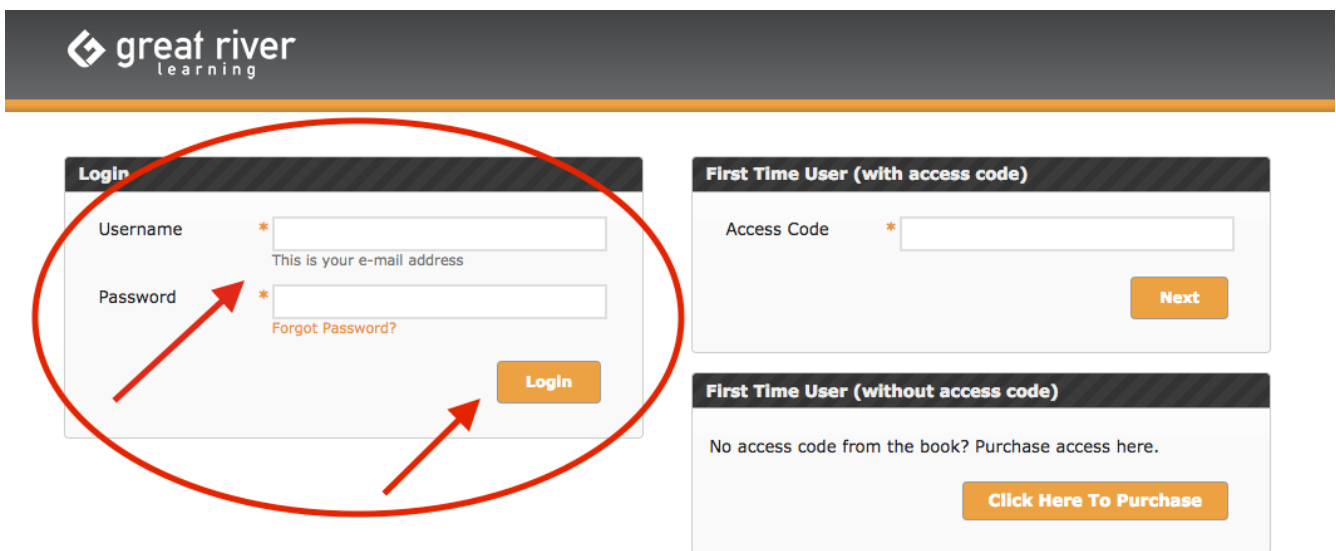


## Directions for the Nutrition Assignment Using *Diet Analyzer 3.0*

**PART 1.** Record the quantity of all food and liquid consumed for a day. Be precise. The more precise you are, the more accurate the analysis is. Pay attention to specific amounts such as ounces or milliliters or other units of measure.

**PART 2.** Perform the analysis of your diet by doing the following:

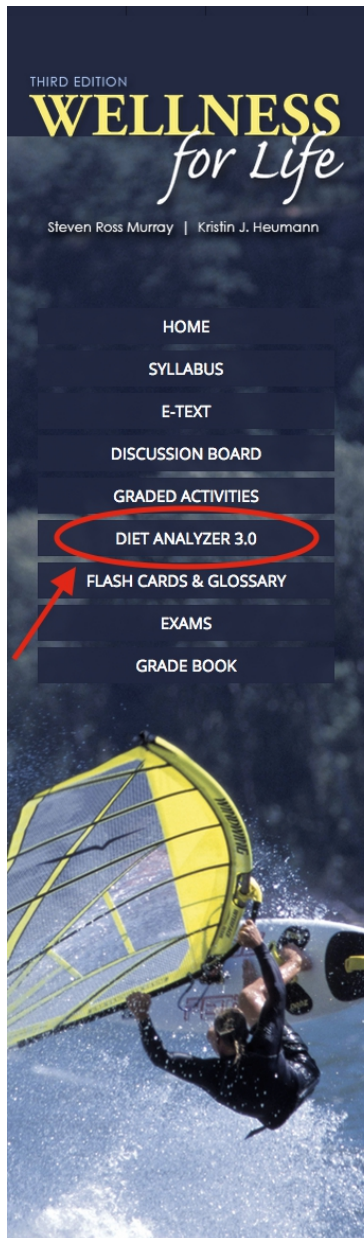
1. Log in to the *Wellness for Life* website at [www.grtep.com](http://www.grtep.com) by entering your Username and Password, and then by clicking the “Login” button.



The screenshot displays the Great River Learning website interface. At the top, the logo for "great river learning" is visible. Below the logo, there are three main sections:

- Login:** This section is circled in red. It contains two input fields: "Username" (with a red asterisk) and "Password" (with a red asterisk). Below the Username field is the text "This is your e-mail address". Below the Password field is the text "Forgot Password?". A red arrow points to the Username field, another red arrow points to the Password field, and a third red arrow points to the "Login" button.
- First Time User (with access code):** This section contains an "Access Code" input field (with a red asterisk) and a "Next" button.
- First Time User (without access code):** This section contains the text "No access code from the book? Purchase access here." and a "Click Here To Purchase" button.

2. Click on the “DIET ANALYZER 3.0” button to access the software's page.



» Home

## WELCOME TO THE *WELLNESS FOR LIFE* INTERACTIVE WEBSITE

### Enrollment Confirmation

I confirm that I am enrolled in the course, that I have read the syllabus, that I know the due date, and that I am going to complete the course honestly and to the best of my abilities, while being in compliance with the policies of the institution.

☐ True

SUBMIT

### An Introduction by the Authors

Dr. Steven Ross Murray



Dr. Murray riding his mountain bike in Moab, Utah

Dr. Kristin J. Heumann



Dr. Heumann running the Marine Corps Marathon in Washington, D.C.

3. From the software's page, click on the link to access the software.

## DIET ANALYZER 3.0

---

Click [here](#) for the Diet Analyzer!

4. Click on the “Create a new user profile” button. Note: After the initial set-up, you can click on the “Open an existing profile” button to open your file.



5. Enter your information to complete your user profile; click the “Accept Profile” button.

**Enter Information below to complete your user profile**

\* First Name

\* Last Name

\* E-mail

\* Password

\* Confirm Password

\* Sex ☐ Female ☐ Male \* Age

Height  4  ft  0  in \* Weight  lbs

\* Level of Physical Activity

\* Name of Professor

6. Select a “Meal” so that you can select a “Category” and a food item.

**Dietary Intake Analysis for Steve Murray** [Logout](#)

**FOOD CHOICE** | **USER PROFILE**

**CATEGORY**

Search food here...

Alimentum, with iron, infant formula, NS as to form  
Alimentum, with iron, infant formula, ready-to-feed  
Apple juice with lowfat yogurt, baby food  
Apple juice, baby food  
Apple with other fruit juice, baby food  
Apple yogurt dessert, baby food, strained  
Apple-banana juice, baby food  
Apple-cherry juice, baby food  
Apple-cranberry juice, baby food  
Apple-grape juice, baby food  
Apple-peach juice, baby food  
Apple-prune juice, baby food  
Apple-raspberry, baby food, junior

**YOUR INTAKE** | **REPORTS AND GRAPHS**

**MEAL**

Breakfast  
Lunch  
Dinner  
Snack

☒ Original Diet ☐ Revised Diet

7. Select a “Category” by clicking on the down arrow by the “Category” rectangle; scroll through the list to select the appropriate category.

**Dietary Intake Analysis for Steve Murray** [Logout](#)

**FOOD CHOICE** | **USER PROFILE**

**CATEGORY** Baby Food ▼

- Search food here...
- Alimentum, with iron
- Alimentum, with iron
- Apple juice with low
- Apple juice, baby fo
- Apple with other fru
- Apple yogurt dessert
- Apple-banana juice,
- Apple-cherry juice,
- Apple-cranberry juice, baby food
- Apple-grape juice, baby food
- Apple-peach juice, baby food
- Apple-prune juice, baby food
- Apple-raspberry, baby food, junior

**YOUR INTAKE** | **REPORTS AND GRAPHS**

**MEAL** Breakfast ▼

☒ Original Diet ☐ Revised Diet

[Review and Submit](#) [Current Report](#)

8. Search for your item by either typing in its name in the “Search food here...” rectangle or by scrolling through the list. Note: The example pictured is a search for a banana.

**Dietary Intake Analysis for Steve Murray** [Logout](#)

**FOOD CHOICE** | **USER PROFILE**

**CATEGORY** Fruits and Fruit Juices ▼

banana

- Banana, batter-dipped, fried
- Banana, Chinese, raw
- Banana, chocolate-covered with nuts
- Banana, raw
- Banana, red, fried
- Banana, red, ripe (guineo morado)
- Banana, ripe, boiled
- Banana, ripe, fried
- Banana, white, ripe (guineo blanco maduro)
- Banana-Flavored Frosted Flakes
- Banana-orange drink
- Bananas and pineapple with tapioca, baby food, junior
- Bananas and pineapple with tapioca, baby food,

**YOUR INTAKE** | **REPORTS AND GRAPHS**

**MEAL** Breakfast ▼

☒ Original Diet ☐ Revised Diet

[Review and Submit](#) [Current Report](#)

9. Select the appropriate item such as “Banana, raw” by clicking on the item to highlight it.

**Dietary Intake Analysis for Steve Murray** [Logout](#)

**FOOD CHOICE** | **USER PROFILE**

**CATEGORY** Fruits and Fruit Juices

banana

- Banana, batter-dipped, fried
- Banana, Chinese, raw
- Banana, chocolate-covered with nuts
- Banana, raw**
- Banana, red, fried
- Banana, red, ripe (guineo morado)
- Banana, ripe, boiled
- Banana, ripe, fried
- Banana, white, ripe (guineo blanco maduro)
- Banana-Flavored Frosted Flakes
- Banana-orange drink
- Bananas and pineapple with tapioca, baby food, junior
- Bananas and pineapple with tapioca, baby food,

Banana, raw

**YOUR INTAKE** | **REPORTS AND GRAPHS**

**MEAL** Breakfast

☒ Original Diet ☐ Revised Diet [Review and Submit](#) [Current Report](#)

10. After highlighting the item, click the arrow to move the selected item to the “Meal” column.

**Dietary Intake Analysis for Steve Murray** [Logout](#)

**FOOD CHOICE** | **USER PROFILE**

**CATEGORY** Fruits and Fruit Juices

banana

- Banana, batter-dipped, fried
- Banana, Chinese, raw
- Banana, chocolate-covered with nuts
- Banana, raw**
- Banana, red, fried
- Banana, red, ripe (guineo morado)
- Banana, ripe, boiled
- Banana, ripe, fried
- Banana, white, ripe (guineo blanco maduro)
- Banana-Flavored Frosted Flakes
- Banana-orange drink
- Bananas and pineapple with tapioca, baby food, junior
- Bananas and pineapple with tapioca, baby food,

Banana, raw

**YOUR INTAKE** | **REPORTS AND GRAPHS**

**MEAL** Breakfast

☒ Original Diet ☐ Revised Diet [Review and Submit](#) [Current Report](#)

11. A window will open. Select the appropriate “Unit of Measure” such as “medium” for a raw banana, and then click the “Ok” button. Be careful with respect to ounces, servings, etc. Being precise makes for more accurate results. Repeat this for all of your food and drink items that were consumed for the day. Be sure to do this for all meals and snacks.

The screenshot shows a window titled "How much did you eat?". It contains the following fields and data:

- Food:** Banana, raw
- Amount:** 1
- Unit of Measure:** A dropdown menu is open, showing options: small (6in to 6-7/8in long), extra small (less than 6in long), extra large (9in or longer), **medium (7in to 7-7/8in long)** (highlighted), large (8in to 8-7/8in long), and cup, NFS. A red arrow points to this menu.
- KCals:** 109
- Servings:** A table with columns: Dairy, Protein, Fruit, Grains, Vegetable.

Servings:	Dairy	Protein	Fruit	Grains	Vegetable
	0	0	1.25	0	0
- Nutrients:** A table with columns: Fat(gms), Carb(gms), Protein(gms).

Nutrients:	Fat(gms)	Carb(gms)	Protein(gms)
	1	28	1
- Buttons:** "Ok" and "Cancel". The "Ok" button is circled in red, with a red arrow pointing to it.



12. Once all the food items are entered, click on the “REPORTS AND GRAPHS” tab.

**Dietary Intake Analysis for Steve Murray** [Logout]

**FOOD CHOICE** | **USER PROFILE**

**CATEGORY** Beverages other than juices

orange juice  
Grapefruit and orange juice, frozen (reconstituted with water)  
Grapefruit and orange juice, NFS  
Orange juice drink  
Orange juice, baby food  
Orange juice, canned, bottled or in a carton, unsweetened  
Orange juice, canned, bottled or in a carton, with sugar  
Orange juice, freshly squeezed  
Orange juice, frozen, unsweetened, not reconstituted  
Orange juice, frozen, unsweetened (reconstituted with water)  
Orange juice, frozen, with sugar, not reconstituted  
Orange juice, frozen, with sugar (reconstituted with water)

Orange juice, canned, bottled or in a carton, unsweetened

**YOUR INTAKE** | **REPORTS AND GRAPHS**

**MEAL** Breakfast

1 medium (7in to 7-7/8in long) Banana, raw  
12 fl oz Orange juice, canned, bottled or in a carton, unsweetened

**Calories** **Servings** **Summary**

**FOOD** **MEAL** **DAY**

☒ Original Diet ☐ Revised Diet **Review and Submit** **Current Report**

13. Click on the “Day” button, and then click the “Calories” or “Servings” icons to pull up a window to analyze your specific values.

**Dietary Intake Analysis for Steve Murray** [Logout]

**FOOD CHOICE** | **USER PROFILE**

**CATEGORY** Beverages other than juices

orange juice  
Grapefruit and orange juice, frozen (reconstituted with water)  
Grapefruit and orange juice, NFS  
Orange juice drink  
Orange juice, baby food  
Orange juice, canned, bottled or in a carton, unsweetened  
Orange juice, canned, bottled or in a carton, with sugar  
Orange juice, freshly squeezed  
Orange juice, frozen, unsweetened, not reconstituted  
Orange juice, frozen, unsweetened (reconstituted with water)  
Orange juice, frozen, with sugar, not reconstituted  
Orange juice, frozen, with sugar (reconstituted with water)

Orange juice, canned, bottled or in a carton, unsweetened

**YOUR INTAKE** | **REPORTS AND GRAPHS**

**MEAL** Breakfast

1 medium (7in to 7-7/8in long) Banana, raw  
12 fl oz Orange juice, canned, bottled or in a carton, unsweetened

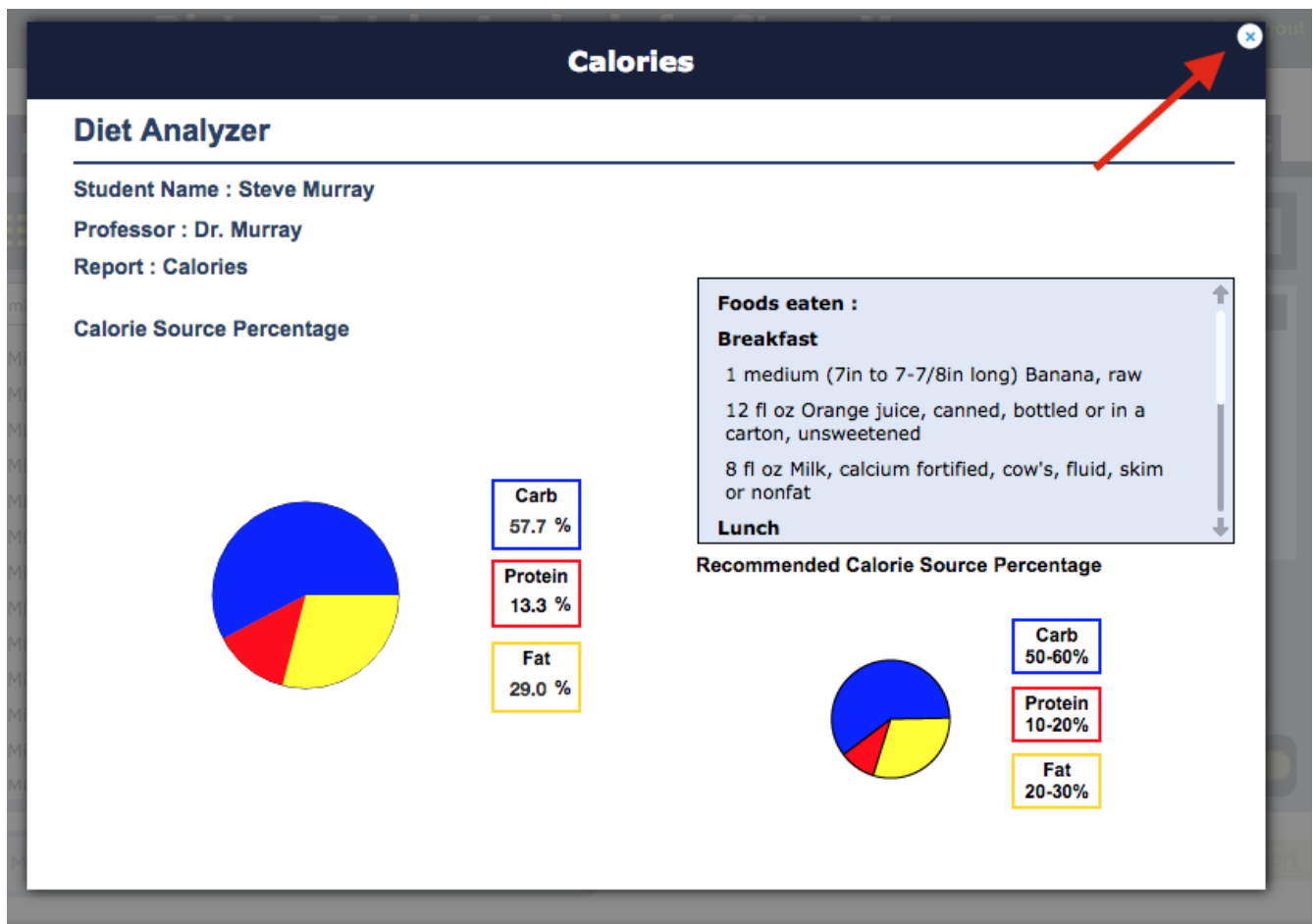
**Calories** **Servings** **Summary**

**FOOD** **MEAL** **DAY**

☒ Original Diet ☐ Revised Diet **Review and Submit** **Current Report**



14. Below is an example of what the “Calories” icon will display in a window. To close the window, click the “X” in the upper, right-hand corner. You can look at this window to see how your values fall within the recommended ranges.



15. Once all of your information has been entered, click on the “Review and Submit” button. This submits your “Original” diet for review.

## Dietary Intake Analysis for Steve Murray

Logout

FOOD CHOICE

USER PROFILE

CATEGORY

Beverages other than juices

milk

Milk, calcium fortified, cow's, fluid, skim or nonfat

Milk, calcium fortified, cow's, fluid, whole

Milk, chocolate, lowfat milk-based

Milk, chocolate, NFS

Milk, chocolate, skim milk-based

Milk, chocolate, whole milk-based

Milk, condensed, sweetened, diluted

Milk, condensed, sweetened, NS as to dilution

Milk, condensed, sweetened, undiluted

Milk, cow's, fluid, lactose reduced, 2% fat

Milk, cow's, fluid, 1% fat

Milk, cow's, fluid, 2% fat

Milk, cow's, fluid, acidophilus, 1% fat

Milk, calcium fortified, cow's, fluid, skim or nonfat

YOUR INTAKE

REPORTS AND GRAPHS

MEAL

Breakfast

1 medium (7in to 7-7/8in long) Banana, raw

12 fl oz Orange juice, canned, bottled or in a carton, unsweetened

8 fl oz Milk, calcium fortified, cow's, fluid, skim or nonfat

Calories

Servings

Summary

FOOD

MEAL

DAY

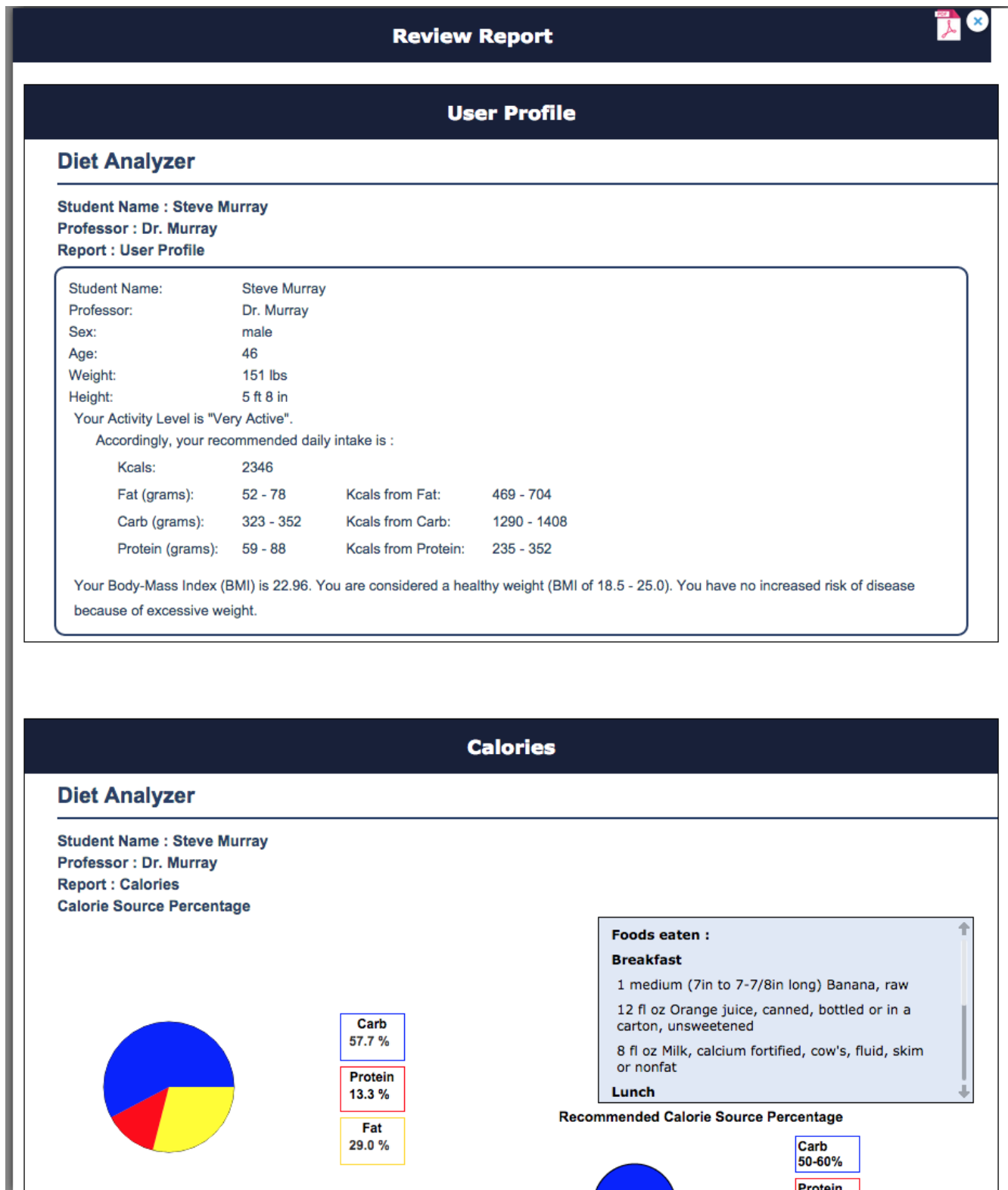
☒ Original Diet

☐ Revised Diet

Review and Submit

Current Report

16. The "Review Report" is displayed.



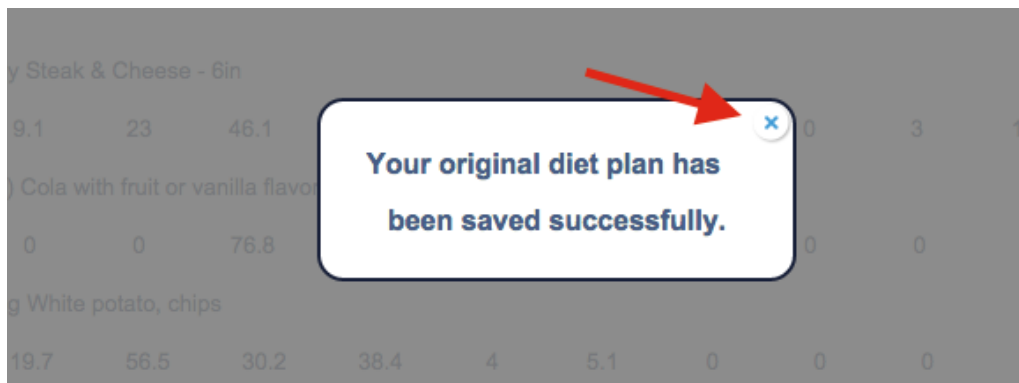
17. Scroll through the report. At the bottom of the last page is a summary on how your assignment was analyzed and how it would be graded. If your values are not within the recommended ranges, do not worry. You can revise them after you confirm the summary. You are learning how the macronutrients of fats, carbohydrates, and proteins relate and that is the purpose of the assignment. Click the “Confirm” button.

**Your Original Diet was analyzed as follows:**

Your grade for the nutrition assignment, based off the Original Diet, would be **30** out of 30 points. You earned **5** points for the User Profile, **10** points for the Calories, and **15** points for the Servings. However, you are **NOT** graded on how your original diet is analyzed; instead, you are graded on how you modify the Revised Diet to be within the recommended ranges. Please click the Confirm button to continue.



18. When you click the “Confirm” button, a verification window, as pictured below, will appear. Click the “X” in the upper, right-hand corner to dismiss the window.



19. You will be returned to your dietary file, but now the “Revised Diet” radio button will be selected automatically. You now should revise this diet to be within the recommended ranges.

## Dietary Intake Analysis for Steve Murray

[Logout](#)

FOOD CHOICE

USER PROFILE

CATEGORY

Beverages other than juices

milk

Milk, calcium fortified, cow's, fluid, skim or nonfat

Milk, calcium fortified, cow's, fluid, whole

Milk, chocolate, lowfat milk-based

Milk, chocolate, NFS

Milk, chocolate, skim milk-based

Milk, chocolate, whole milk-based

Milk, condensed, sweetened, diluted

Milk, condensed, sweetened, NS as to dilution

Milk, condensed, sweetened, undiluted

Milk, cow's, fluid, lactose reduced, 2% fat

Milk, cow's, fluid, 1% fat

Milk, cow's, fluid, 2% fat

Milk, cow's, fluid, acidophilus, 1% fat

Milk, calcium fortified, cow's, fluid, skim or nonfat

YOUR INTAKE

REPORTS AND GRAPHS

MEAL

Breakfast

1 medium (7in to 7-7/8in long) Banana, raw

12 fl oz Orange juice, canned, bottled or in a carton, unsweetened

8 fl oz Milk, calcium fortified, cow's, fluid, skim or nonfat

Calories

Servings

Summary

FOOD

MEAL

DAY

☐ Original Diet

☒ Revised Diet

Review and Submit

Current Report

### PART 3. Revise the diet to be within the recommended ranges.

1. Modify existing items or search for new ones to revise your diet to be within the recommended ranges. Use the arrow buttons to move items from a column once they are highlighted.

**Dietary Intake Analysis for Steve Murray** Logout

**FOOD CHOICE** | **USER PROFILE**

**CATEGORY** Beverages other than juices

milk

- Milk, calcium fortified, cow's, fluid, skim or nonfat
- Milk, calcium fortified, cow's, fluid, whole
- Milk, chocolate, lowfat milk-based
- Milk, chocolate, NFS
- Milk, chocolate, skim milk-based
- Milk, chocolate, whole milk-based
- Milk, condensed, sweetened, diluted
- Milk, condensed, sweetened, NS as to dilution
- Milk, condensed, sweetened, undiluted
- Milk, cow's, fluid, lactose reduced, 2% fat
- Milk, cow's, fluid, 1% fat
- Milk, cow's, fluid, 2% fat
- Milk, cow's, fluid, acidophilus, 1% fat

8 fl oz Milk, calcium fortified, cow's, fluid, skim or nonfat

**YOUR INTAKE** | **REPORTS AND GRAPHS**

**MEAL** Breakfast

- 1 medium (7in to 7-7/8in long) Banana, raw
- 12 fl oz Orange juice, canned, bottled or in a carton, unsweetened
- 8 fl oz Milk, calcium fortified, cow's, fluid, skim or nonfat

**Calories** **Servings** **Summary**

**FOOD** **MEAL** **DAY**

☐ Original Diet ☒ Revised Diet **Review and Submit** **Current Report**

You can double-click on a highlighted item to open a window that allows you to modify the “amount” and the “unit of measure” for the item. Click the “Ok” button.

**How much did you eat?**

Food: Milk, calcium fortified, cow's, fluid, skim or nonfat

Amount: 8

Unit of Measure: fl oz

KCals: 87

Servings: Dairy Protein Fruit Grains Vegetable

1 0 0 0 0

Nutrients: Fat(gms) Carb(gms) Protein(gms)

0 12 8

**Ok** **Cancel**

2. You can review the values of the diet by clicking the “Current Report” button.

## Dietary Intake Analysis for Steve Murray

Logout

FOOD CHOICE

USER PROFILE

CATEGORY

Beverages other than juices

milk

Milk, calcium fortified, cow's, fluid, skim or nonfat

Milk, calcium fortified, cow's, fluid, whole

Milk, chocolate, lowfat milk-based

Milk, chocolate, NFS

Milk, chocolate, skim milk-based

Milk, chocolate, whole milk-based

Milk, condensed, sweetened, diluted

Milk, condensed, sweetened, NS as to dilution

Milk, condensed, sweetened, undiluted

Milk, cow's, fluid, lactose reduced, 2% fat

Milk, cow's, fluid, 1% fat

Milk, cow's, fluid, 2% fat

Milk, cow's, fluid, acidophilus, 1% fat

8 fl oz Milk, calcium fortified, cow's, fluid, skim or nonfat

YOUR INTAKE

REPORTS AND GRAPHS

MEAL

Breakfast

1 medium (7in to 7-7/8in long) Banana, raw

12 fl oz Orange juice, canned, bottled or in a carton, unsweetened

8 fl oz Milk, calcium fortified, cow's, fluid, skim or nonfat

Calories

Servings

Summary

FOOD

MEAL

DAY

☐ Original Diet

☒ Revised Diet

Review and Submit

Current Report



3. To close the current report, click the “X” in the upper, right-hand corner.

Current Report

Original Diet

User Profile

Diet Analyzer


Student Name : Steve Murray  
Professor : Dr. Murray  
Report : User Profile

Student Name: Steve Murray  
Professor: Dr. Murray  
Sex: male  
Age: 46  
Weight: 151 lbs  
Height: 5 ft 8 in  
Your Activity Level is "Very Active".  
Accordingly, your recommended daily intake is :  
Kcals: 2346  
Fat (grams): 52 - 78      Kcals from Fat: 469 - 704  
Carb (grams): 323 - 352      Kcals from Carb: 1290 - 1408  
Protein (grams): 59 - 88      Kcals from Protein: 235 - 352  
Your Body-Mass Index (BMI) is 22.96. You are considered a healthy weight (BMI of 18.5 - 25.0). You have no increased risk of disease because of excessive weight.

Calories from Original Diet

Diet Analyzer

Student Name : Steve Murray  
Professor : Dr. Murray  
Report : Calories  
Calorie Source Percentage



Carb  
57.7 %  
Protein  
13.3 %  
Fat  
29.0 %

Foods eaten :  
Breakfast  
1 medium (7in to 7-7/8in long) Banana, raw  
12 fl oz Orange juice, canned, bottled or in a carton, unsweetened  
8 fl oz Milk, calcium fortified, cow's, fluid, skim or nonfat  
Lunch

Recommended Calorie Source Percentage  
Carb  
50.50%

4. After you have the revised diet complete and within the recommended ranges, click the “Review and Submit” button one last time.

**Dietary Intake Analysis for Steve Murray** Logout

**FOOD CHOICE** | **USER PROFILE**

**CATEGORY** Beverages other than juices

milk

- Milk, calcium fortified, cow's, fluid, skim or nonfat
- Milk, calcium fortified, cow's, fluid, whole
- Milk, chocolate, lowfat milk-based
- Milk, chocolate, NFS
- Milk, chocolate, skim milk-based
- Milk, chocolate, whole milk-based
- Milk, condensed, sweetened, diluted
- Milk, condensed, sweetened, NS as to dilution
- Milk, condensed, sweetened, undiluted
- Milk, cow's, fluid, lactose reduced, 2% fat
- Milk, cow's, fluid, 1% fat
- Milk, cow's, fluid, 2% fat
- Milk, cow's, fluid, acidophilus, 1% fat

Milk, calcium fortified, cow's, fluid, skim or nonfat

**YOUR INTAKE** | **REPORTS AND GRAPHS**

**MEAL** Breakfast

1 medium (7in to 7-7/8in long) Banana, raw  
12 fl oz Orange juice, canned, bottled or in a carton, unsweetened  
8 fl oz Milk, calcium fortified, cow's, fluid, skim or nonfat

**Calories** **Servings** **Summary**

**FOOD** **MEAL** **DAY**

☒ Original Diet ☐ Revised Diet

**Review and Submit** **Current Report**

5. When the Review Report opens scroll through the document, and read the “Final Grade” section. If you want this to be your grade, click the “Confirm” button. If not, click the “Cancel” button and continue to revise the diet.

### Final Grade

Your grade for the nutrition assignment is **30 out of 30 points**. You earned **5 out of 5 points** for the **User Profile**, **10 out of 10 points** for the **Calories**, and **15 out of 15 points** for the **Servings**.

If you are satisfied with this being your final grade for the nutrition assignment, please click the **Confirm** button below.

**Cancel** **Confirm**

6. After clicking the “Confirm” button, the window below will display showing that your revised diet plan has been saved successfully.

**Your revised diet plan has been saved successfully.**