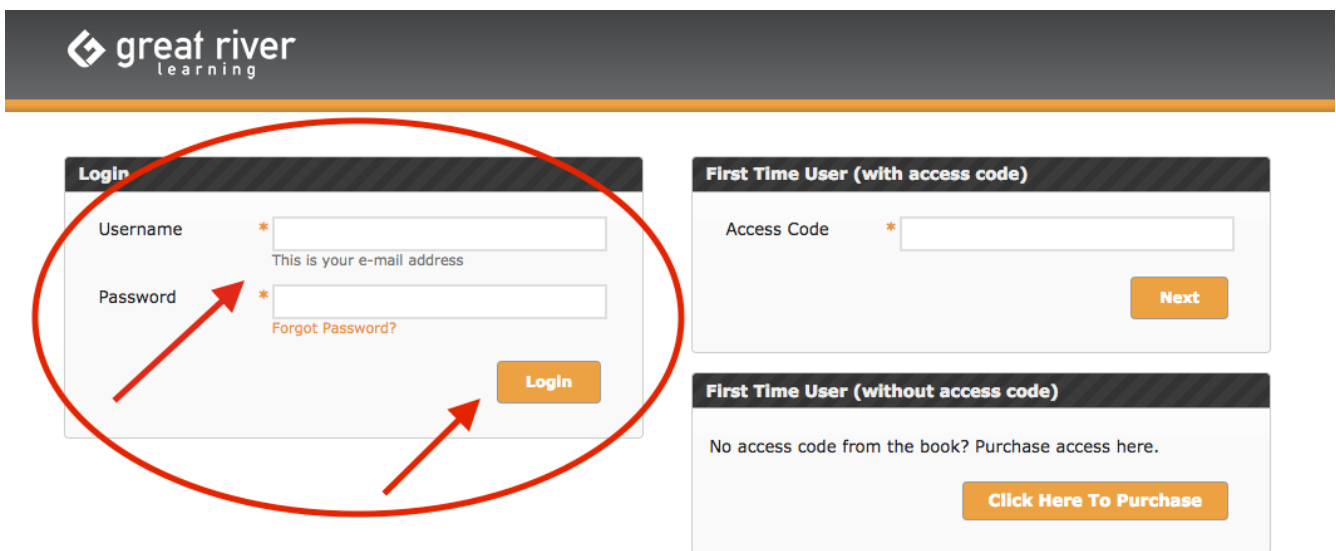# Directions for the Nutrition Assignment Using *Diet Analyzer 3.0*

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.

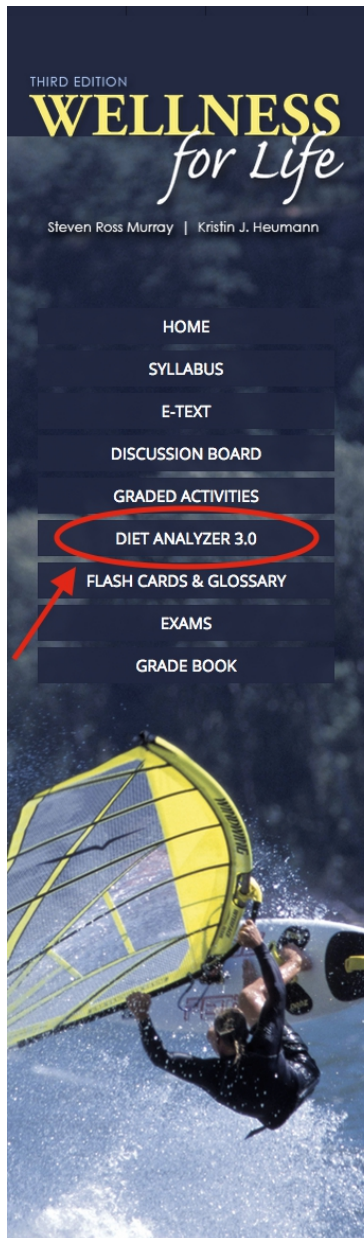**PART 2**. Perform the analysis of your diet by doing the following:

1. Log in to the *Wellness for Life* website at www.grtep.com by entering your Username and Password, and then by clicking the "Login" button.

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

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.

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

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

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.

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

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

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.

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

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

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.

Calories

Diet Analyzer

Student Name : Steve Murray

Professor : Dr. Murray

Report : Calories

Calorie Source Percentage

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

Carb	57.7 %
Protein	13.3 %
Fat	29.0 %

Recommended Calorie Source Percentage

Carb	50-60%
Protein	10-20%
Fat	20-30%

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

16. The "Review Report" is displayed.

Review Report

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

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

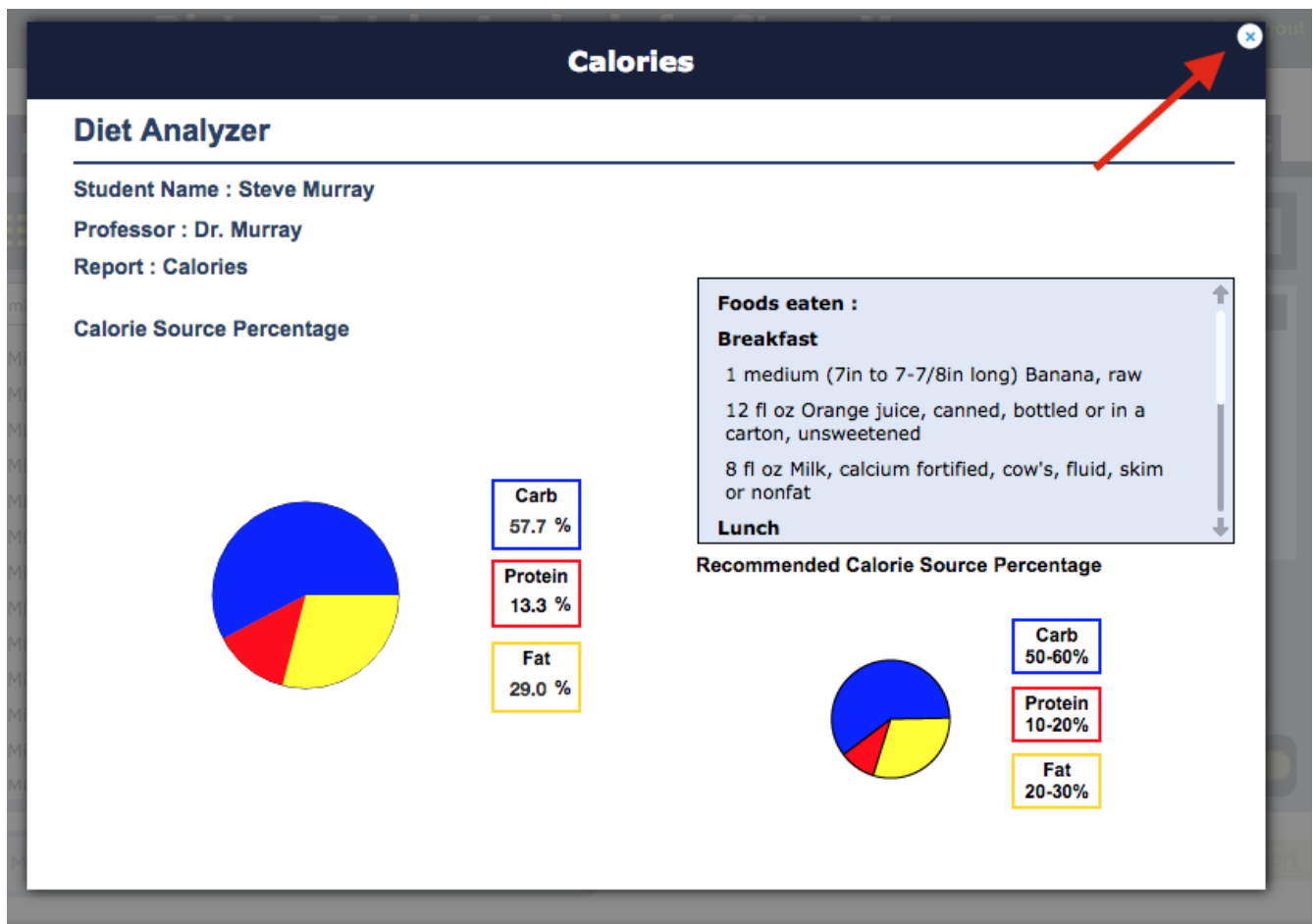8 fl oz Milk, calcium fortified, cow's, fluid, skim or nonfat

Lunch

Recommended Calorie Source Percentage
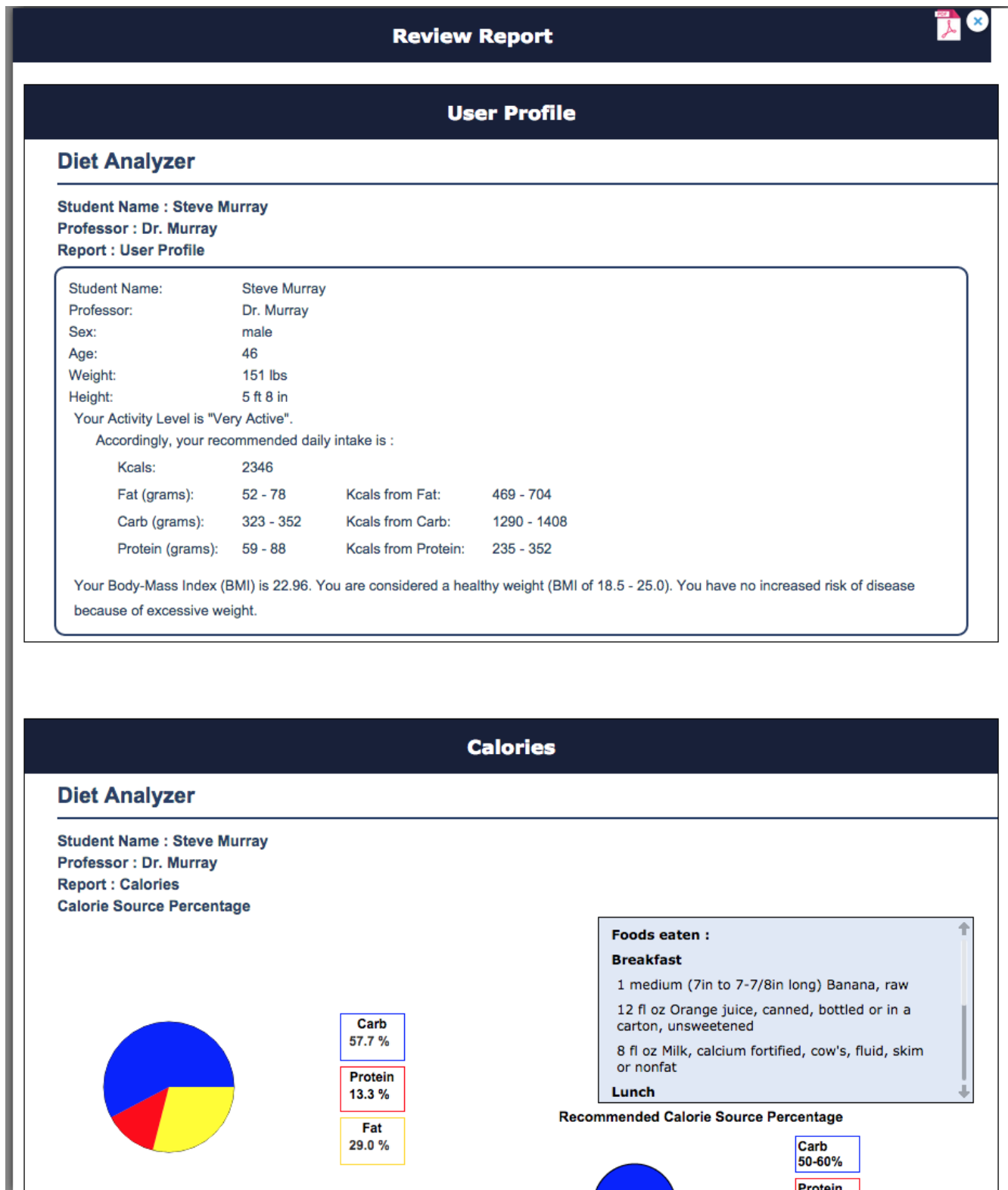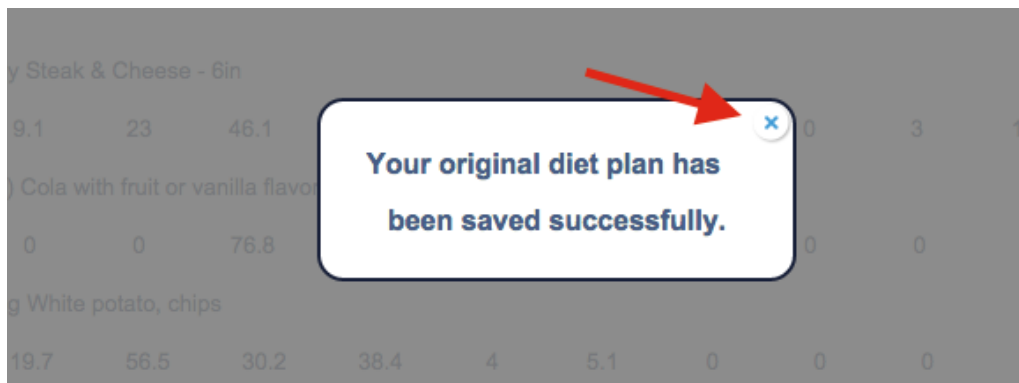
Carb
50-60%

Protein

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.

Cancel   Confirm

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.

Steak & Cheese - 6in

9.1   23   46.1

Cola with fruit or vanilla flavor

0   0   76.8

White potato, chips

19.7   56.5   30.2   38.4   4   5.1   0   0   0

Your original diet plan has been saved successfully.

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.

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.

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.

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

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 60%

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

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.