**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**5 Day Diet Record**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Breakfast**  **food** | **Amount** | **Morning snack** | **Amount** | **Lunch** | **Amount** | **Afternoon snack** | **Amount** | **Dinner** | **Amount** | **Evening snack** | **Amount** |
| Example  (delete this row for your final submission) | Steel cut oats  (Bob’s Red Mill)  Peach  Walnut pieces, raw (Katy’s Kitchen)  water | 0.25 cups uncooked  1 whole  1.5 oz.  2 cups | 1 Liberte Greek Yogurt, plain, 0% fat  water | 1 container, ¾ cups  2 cups | Spinach, raw  Beets, sliced, boiled, drained  Tomato, red  Goat cheese, fresh  Olive oil  Vinegar, balsamic  Mary’s seed crackers, plain  water | 1.5 cups  2 beets  1 medium  3 oz.  1 tbsp.  1 tsp.  ½ cup  2 cups | Almond butter, without salt added  1 apple, medium  water | 1 tbsp.  1 whole  2 cups | Chicken, broiler, rotisserie, BBQ, breast meat only  Olive oil  Lemon juice  Corn, yellow, sweet on cob, boiled  Green beans, boiled, drained  water | 4 oz.  1 tbsp.  1 tsp.  1 medium ear  1 cup  2 cups | Popcorn, popped in olive oil  Olive oil  water | 2.5 cups  1 tsp added  1 cup |
| **Select 5 days (2 weekend days and 3 weekday days within a 7 day period)** | | | | | | | | | | | | |
| 1. |  |  |  |  |  |  |  |  |  |  |  |  |
| 2. |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. |  |  |  |  |  |  |  |  |  |  |  |  |
| 5. |  |  |  |  |  |  |  |  |  |  |  |  |

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Data Abstraction Table (make cells larger as needed)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Recommendation** | **My average** | **Comments (high, low, ok)** |
| Kilocalorie (kcal) intake | Calculate your EER (cal/day) (show your work!) | Enter from report |  |
| Protein | Calculate your range (g/day) (show your work!) | Enter from report |  |
| Carbohydrate | Calculate your range (g/day) (show your work!) | Enter from report |  |
| Fat | Calculate your range (g/day) (show your work!) | Enter from report |  |
| Linoleic Acid (omega 6) | Enter recommended value | Enter from report |  |
| Linolenic Acid (omega 3) | Enter recommended value | Enter from report |  |
| Total dietary fibre | Enter recommended value | Enter from report |  |
| Water | Enter recommended value | Enter from report |  |
| **Vitamins** | | | |
| Thiamin | Enter recommended value | Enter from report |  |
| Riboflavin | Enter recommended value | Enter from report |  |
| Niacin | Enter recommended value | Enter from report |  |
| Vitamin B6 | Enter recommended value | Enter from report |  |
| Vitamin B12 | Enter recommended value | Enter from report |  |
| Folate | Enter recommended value | Enter from report |  |
| Vitamin C | Enter recommended value | Enter from report |  |
| Vitamin D | Enter recommended value | Enter from report |  |
| Vitamin A (use IU value) | Enter recommended value | Enter from report |  |
| Vitamin E (alpha-tocopherol) | Enter recommended value | Enter from report |  |
| **Minerals** | | | |
| Calcium | Enter recommended value | Enter from report |  |
| Iron | Enter recommended value | Enter from report |  |
| Potassium | Enter recommended value | Enter from report |  |
| Sodium | Enter recommended value | Enter from report |  |