

Nutrition Behavior Change Analysis (BCA) #2 Assignment (70 points)*Complete and Save this assignment (as a .pdf (recommended), .doc, OR .docx file ONLY).**Upload your typed BCA#2 by the due date to Canvas.**We cannot accept emailed assignments. Late assignments will be penalized as stated in the syllabus.***STEP 1: STAGES OF CHANGE (5 PTS)**

Answer each question in the table in detail about your stages of change.

Stage of change at BCA#1 for target behavior	Current stage of change for target behavior	Was there a change? Why or why not?	Explain a personal tip/strategy to progress to the next stage or avoid relapse
Action	Preparation	No, because my behavior towards a total process of change hasn't come into action yet, I'm still only making small inconsistent changes with my current diet.	In my daily meal choices, I will be constantly thinking about foods that I want to eat that will improve my diet, so I can actually force myself to choose those types of foods, rather than not showing any signs of improvement overall.

STEP 2: NUTRITION JOURNALING (10 PTS)

Using the nutrition journal, record all food and drink consumed for THREE days. At least ONE weekend day (Saturday or Sunday) must be included. All columns within a row must be completed and detailed to earn full credit. You may add additional rows if necessary.

For example: A sandwich should be itemized to be: 2 slices of bread (whole wheat), 2 slices of cheddar cheese, 1 tbsp of mayo & mustard, 4 slices of tomato, 2 leaves of lettuce, 2 slices of turkey.

Date	Day (Sunday, Monday, Tuesday, etc.)	Time	Food and Beverage Consumed	Amount Consumed (oz, cup, Tbsp, etc.)	Satiety Level After Eating 1=hungry, 2=slightly hungry, 3=satisfied, 4=slightly full, 5=very full
2/25/2015	Wednesday	11:20 am	One A Day Vitamin	1	4
2/25/2015	Wednesday	11:20 am	Whole Milk Yogurt	0.5 cup	4
2/25/2015	Wednesday	11:20 am	Blueberries	8	4
2/25/2015	Wednesday	11:20 am	Raspberries	8	4
2/25/2015	Wednesday	11:20 am	Granola	0.125 cup	4
2/25/2015	Wednesday	11:20 am	Naked Protein Juice Smoothie (Main Details Below)	15.2 oz	4
2/25/2015	Wednesday	11:20 am	Apple (Juice)	2.33	4
2/25/2015	Wednesday	11:20 am	Kiwi (Puree)	0.5	4
2/25/2015	Wednesday	11:20 am	Pineapple (Juice)	0.5	4

2/25/2015	Wednesday	11:20 am	Banana (Puree)	0.5	4
2/25/2015	Wednesday	3:20 pm	Popcorn (Popped)	3 cups	3
2/25/2015	Wednesday	5:20 pm	Pepperoni	1 T	3
2/25/2015	Wednesday	5:20 pm	Pizza Bread	0.3 cup	3
2/25/2015	Wednesday	5:20 pm	Tomato Sauce	0.125 cup	3
2/25/2015	Wednesday	5:20 pm	Cheese Blend	0.125 cup	3
2/25/2015	Wednesday	All Day	Water	1 L	-
2/27/2015	Friday	11:30 am	One A Day Vitamin	1	4
2/27/2015	Friday	11:30 am	Whole Milk Yogurt	0.5 cup	4
2/27/2015	Friday	11:30 am	Blueberries	8	4
2/27/2015	Friday	11:30 am	Raspberries	8	4
2/27/2015	Friday	11:30 am	Granola	0.125 cup	4
Naked Protein Juice					
2/27/2015	Friday	11:30 am	Smoothie	15.2 oz	4
(Main Details Below)					
2/27/2015	Friday	11:30 am	Apple (Juice)	2.33	4
2/27/2015	Friday	11:30 am	Kiwi (Puree)	0.5	4
2/27/2015	Friday	11:30 am	Pineapple (Juice)	0.5	4
2/27/2015	Friday	11:30 am	Banana (Puree)	0.5	4
2/27/2015	Friday	7:10 pm	Avocado	0.5	4
2/27/2015	Friday	7:10 pm	Cilantro	1 t	4
2/27/2015	Friday	7:10 pm	Coriander	-	4
2/27/2015	Friday	7:10 pm	Jicama	0.125 cup	4
2/27/2015	Friday	7:10 pm	Bell Pepper	.25	4
2/27/2015	Friday	7:10 pm	Mango	1 T	4
2/27/2015	Friday	7:10 pm	Pineapple	1 T	4
2/27/2015	Friday	7:10 pm	Quinoa	0.25 cup	4
2/27/2015	Friday	7:10 pm	Brown Rice	0.25 cup	4
2/27/2015	Friday	7:10 pm	Black Beans	0.125 cup	4
2/27/2015	Friday	7:10 pm	Almonds	1 T	4
2/27/2015	Friday	7:10 pm	Turmeric	-	4
2/27/2015	Friday	7:10 pm	Kosher Salt	-	4
2/27/2015	Friday	7:10 pm	Lime Juice	-	4
2/27/2015	Friday	7:10 pm	Chipotle Sauce	2 T	4
2/27/2015	Friday	7:10 pm	Tofu	0.25 cup	4
2/27/2015	Friday	All Day	Water	1 L	-
2/28/2015	Saturday	7:30 am	One A Day Vitamin	-	3
2/28/2015	Saturday	7:30 am	Whole Grain Steel Cut Oats	72 g	3
2/28/2015	Saturday	7:30 am	Brown Sugar	-	3
2/28/2015	Saturday	7:30 am	Salt	-	3
2/28/2015	Saturday	7:30 am	Cinnamon	-	3

2/28/2015	Saturday	10:10 am	Blueberry Bagel	1	3
2/28/2015	Saturday	10:10 am	Cream Cheese	1.5 T	3
Chicken and Rice					
2/28/2015	Saturday	3:10 pm	Canned Soup	15 oz	3
(Main Details Below)					
2/28/2015	Saturday	3:10 pm	Chicken Broth	9 oz	3
2/28/2015	Saturday	3:10 pm	Carrots	1 T	3
2/28/2015	Saturday	3:10 pm	White Chicken Meat	3 T	3
2/28/2015	Saturday	3:10 pm	White Rice	0.25 cup	3
2/28/2015	Saturday	3:10 pm	Celery	1 T	3
2/28/2015	Saturday	7:00 pm	Lettuce	0.125 cup	4
2/28/2015	Saturday	7:00 pm	Apple	0.67	4
2/28/2015	Saturday	7:00 pm	Meatballs (Small)	6	4
2/28/2015	Saturday	7:00 pm	Spaghetti Noodles	0.5 cup	4
2/28/2015	Saturday	7:00 pm	Bread	-	4
2/28/2015	Saturday	7:00 pm	Cheese	1 T	4
2/28/2015	Saturday	7:00 pm	Raspberry Lemonade	1 cup	4
2/28/2015	Saturday	7:45 pm	Chocolate Chip Cookies	1.5	3
2/28/2015	Saturday	All Day	Water	1 L	-

Number of fruits consumed in 3 days: 7 Different Types

Number of vegetables consumed in 3 days: 8 Different Types

Amount of water consumed over 3 days: 3 Liters

STEP 3: PERSONAL REFLECTION OF PROGRESS (5 PTS)

Question 1: Based on your nutrition journal, list one behavior that has changed since BCA#1 and explain if it was positive or negative and why. What factors influenced this change? If you have not observed any change in your nutrition behaviors since BCA#1, state this and explain why.

Nutrition behavior change made since BCA#1:	There was really no change overall.
Positive or negative and why?	It is a negative type of behavior because I am not personally improving my current diet, but it is mostly a positive type of behavior because overall I have a pretty healthy diet under my own terms and what is actually considered "healthy" in our society, and my diet has not seem to worsen since my first BCA.
Factor(s) facilitating change OR factors not influencing change:	Factors that has been an influence that has not facilitated change in my diet are the convenience of getting the same type of foods I eat weekly from the places I eat weekly, such as the West Dining Center here on campus that is just right across the street from where I currently live, and my personal enjoyment of eating the types of foods that I do eat without majorly changing those foods out for different types of foods.

STEP 4: GOAL SETTING (11 PTS)

Question 2:

A) State your SMART goal from BCA#1 with all SMART components in one sentence.

To improve my nutrition, I will increase my overall fiber intake by consuming one serving of foods that contain whole grains every day till Week 10 of the 2015 Winter Term and documenting what food(s) that I have eaten every day that contained whole grains.

B) Did you accomplish your SMART goal? Yes or No?

No.

C1) If you answered YES to B) and have accomplished your SMART goal, state your next health-related SMART goal that you will accomplish in the next 3 months.

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C2) If you answered NO to B) and are still in the process of accomplishing your SMART goal, explain your progress so far.

My progress has been minimal, because overall, my diet has not really changed from my first BCA.

STEP 5: VIDEO MODULES (24 PTS)

Watch THREE videos from the list below. After watching the videos, fill in the table with your detailed responses.

Cooking on a budget for college students	https://www.youtube.com/watch?v=8dOt4WXaF70&app=desktop
Why I'm a week day vegetarian	http://www.ted.com/talks/graham_hill_weekday_vegetarian#t-226815
ChemMatters	https://www.youtube.com/watch?v=G0O87gWv-Xk
Teach every child about food: Jamie Oliver	http://www.ted.com/talks/jamie_oliver
Sugar: Hiding in plain sight	https://www.youtube.com/watch?feature=player_embedded&v=Q4CZ81EmAsw
Weekly Meal Prep for Healthy Eating	https://www.youtube.com/watch?v=jG4xnTXK-sk
The Science of Addictive Food	https://www.youtube.com/watch?v=4cpdb78pWl4

Name the video you watched/participated in	Briefly state WHY you chose this video	Explain one thing you learned or give personal insight/awareness reinforced from the video.	Describe and explain how you can apply the information from the video to your current life.
1) The Science of Addictive Food	I was curious on why some foods are really addictive, which is why I chose this video that is named to explain the science behind addictive food.	I have learned that the three main ingredients that make processed foods so addictive are salt, sugar, and fat.	I can retain and think about this information from time to time when it comes to me deciding on what I want to eat, and then rethinking those thoughts and decide if it is worth to eat those foods that are artificially made that can cause addiction for me to eat more than I have/want to.
2) Sugar: Hiding in plain sight	I wanted to know more about sugar because I didn't know much about it rather than a person shouldn't consume too much of it.	I have learned that sugar on an item's ingredients list can be named 56 different ways.	When I am reading the ingredients list of certain foods that I am deciding/wanting to eat, I'll have a better understanding and be able to keep a good look out for how many different types of sugar are included, providing me with a good sense on how much sugar I am or will be consuming.
3) Cooking on a budget for college students	I wanted to retain more information about better eating choices as a college student by watching this video.	I have learned that it is easier than I thought to purchase products with whole grains in them with foods that I generally know of but not particularly aware of their alternatives.	I can rethink about where and what I buy when I go purchase items to eat. I will become more aware of the better choices nutrition wise when it comes to buying certain foods for myself, which I was not so aware of before.

STEP 6: PLANNING FOR THE FUTURE (10 PTS)

Question 3: The Next 3 months. In this quarter, you have learned about food choices and eating patterns and identified how it relates to your personal health and wellness. Describe three strategies that you will personally incorporate to maintain (or improve) your nutrition patterns in the next three months. Each strategy should be detailed in 2-3 sentences.

Strategy 1: I will choose nutrient-dense foods over energy-dense foods in order to improve my nutrition patterns in the next three months. Especially when it comes to choosing on what I should snack on, I will take this thought in mind to choose which snack will be more beneficial for me based on the difference between the nutrient-dense and energy-dense levels characterized.

Strategy 2: I will slowly increase my water intake daily until I reach the stable state of the recommended amount of about nine cups a day in order to improve my nutrition patterns in the next three months. I will do so by documenting

exactly how much what water I do drink daily, but also taking into account how much water I also do gain by eating foods that also contain quite a bit of water already that I do consume, which will give me an good sense on how much water I do consume with the goal of about nine cups a day.

Strategy 3: I will choose foods that contain more HDLs than LDLs to improve my cholestrol intake in order to improve my nutrition patterns in the next three months. I will further research many types of foods with higher levels of HDLs than LDLs, which will provide me a further understanding on the foods that I should choose to eat to improve my overall cholestrol intake.

Question 4: *The Next 3 Years.*

List your current academic major or explain your career aspirations.	How will you incorporate healthy eating patterns into your desired career path?	Explain how incorporating healthy eating patterns will specifically affect two dimensions of wellness.
My current academic major is Computer Science, more specifically, the Computer Systems option.	With my current desired career path, I believe that it is still pretty generalized, so I will incorporate healthy eating patterns in ways that I will practice, no matter what I actually do end up pursuing, by choosing more nutrient-dense foods rather than energy-dense foods and maintaining a well-balanced diet overall, while trying to work towards my previous stated SMART goal to consume for fiber in my diet.	<p>1) Incorporating healthy eating patterns will benefit a person in the emotional dimension of wellness by emotionally feeling better about themselves for eating healthier which will make them feel more satisfied mentally which will lead to a more positive view with managing their life emotionally overall with those personal supportive thoughts.</p> <p>2) Incorporating healthy eating patterns will also benefit a person in the physical dimension of wellness, because they will recognize the positive internal and external change it has on their body, which will promote the way one will live life easier physically.</p>

**Final Instructions: Save as a .pdf (recommended), .doc, OR .docx.
Upload your assignment to Canvas by the due date.**