

Cover page- You can add pictures if you so desire.



Name of student: Nate Warner

Course: FCNS 201

Title of assignment: Template for 3 day food recall

Professor: Sheila Barrett

Date: 10/26/2025

Total Score ____/ 100

TABLE OF CONTENT

Project	Page Number
Food Intake Log	3
Profile Page	6
Printouts for 3-day average	7
Analysis and discussion	8
MyPlate	11
Calculations	12
Recommendations	13
References	14
Bonus Section	15

Food Intakes (3 days) (____/6)

DAY: One

Student ID: z2004109

Meal/Time	Food eaten	Description of food eaten (fried, grilled, boiled)	Amounts Eaten (cups, ozs, each, small, medium, large)	Location
Breakfast 7am	eggs	scrambled	4 eggs	home
	Blueberry smoothie	smoothie king, blueberry heaven	1 small	
	Orange juice	100% juice, fresh	2 cup	
Snack	Greek yogurt	Vanilla (activia)	2 container	school
	blueberries	fresh	1 cup	
Lunch 1pm	Grilled chicken breast	Frozen, grilled, strips (foster farms)	8 oz	home
	Brown rice	Cooked, long grain	1 cup	
	Broccoli	Fresh, steamed	½ cup	
Dinner 6pm	Salmon	Pink, baked, fillet (USDA)	8 oz	home
	Sweet potato	Baked, in skin (USDA)	3 large	
	Green beans	Fresh, steamed (USDA)	½ cup	

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Food Intakes (3 days)

DAY: Two

Student ID: z2004109

Meal/Time	Food eaten	Description of food eaten (fried, grilled, boiled)	Amounts Eaten (cups, ozs, each, small, medium, large)	Location
Breakfast 7am	Oatmeal	Instant, maple & brown sugar, dry (Quaker)	packets	home
	banana	Fresh, sliced	1 ounce	
	Coffee	Instant coffee, regular	1 cup	
Snack 10am	Apple	Fresh	2 large	school
Lunch 1pm	Turkey sandwich	Roasted turkey & swiss, with honey wheat (Arby's)	1 sandwich	home
	Side salad	Chopped, side, Arby's	1 salad	
	Granola bar	Crunchy, Oats and honey, Nature Valley	2 bars	
Dinner 6pm	Beef stir-fry	Lean beef, peppers, broccoli, olive oil	1 cup	home

	White rice	Cooked, long grain, enriched	1 cup	
	Watermelon	Fresh	1 cup	

Food Intakes (3 days)

DAY: Three

Student ID: z2004109

Meal/Time	Food eaten	Description of food eaten (fried, grilled, boiled)	Amounts Eaten (cups, ozs, each, small, medium, large)	Location
Breakfast 7am	Eggs	Scrambled	4 eggs	home
	Whole-grain cereal	General mills	1 cup cereal	
	Orange	Fresh	0.5 oz	
	Milk	2%, with vit A and vit D	1 cup	
Snack 11am	Peanuts	Salted, dry roasted	1 oz	School
Lunch 2pm	Tuna salad wrap	Whole wheat tortilla	1 wrap	home
	Carrots	Baby, Fresh	1 oz	
	Apple juice	100% juice, minute maid	1 cup	
	Pretzels	Rold Gold, rods	10 rods	
Dinner 7pm	Grilled chicken	Grilled, diced, Foster Farms	8 oz	home

	Quinoa	dry	¼ cup	

Profile Page (___/5 points). (from printouts)

Profile Info Personal: Nate Warner Male 22 yrs 6 ft 1 in 150 lb

Day(s): 2025 Oct 23, Oct 24, Oct 25

Activity Level: Low Active

BMI: 19.8

Weight Change: None (Strive for an Active activity level.) Normal is 18.5 to 25. Best not to exceed 2 lbs per week

Printouts for 3-day average (____/10 points)

Printouts- include spreadsheet, bar graph, AMDR ranges MyPlate, fat intakes

Analysis and Discussion

Macronutrients (___/20 points).

Calorie Intakes 5 points	
On average, what was your total calorie intake	2620 Kcal ___/1 point
<p>How did your calorie intake compare to the recommendations? State two health implications of consuming too little or too many calories. 140 kcal below my Estimated Energy Requirement (EER), which is very close to the recommended range.</p> <p>Insufficient calories</p> <ol style="list-style-type: none"> 1. May lead to fatigue and reduced concentration due to low energy availability. 2. Can slow metabolism and result in unintentional weight loss or muscle breakdown over time. <p>Excess calories</p> <ol style="list-style-type: none"> 1. Long term overconsumption can lead to weight gain and increased body fat percentage. 2. Raises risk for chronic diseases such as type 2 diabetes and cardiovascular disease. <p style="text-align: right;">___/4 points</p>	
Carbohydrates, Sugar, Fiber 5 points	
On average, what was your total grams of carbohydrates consumed	345 grams ___/1 point
State one reason for including carbohydrates in your diet: Carbohydrates are the body's main source of energy, providing glucose that fuels the brain, muscles, and other vital organs	___/1 point

<p>The Dietary Guidelines recommend 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains you consume should come from whole grains. Did you meet this recommendation? If yes, list at least 3 whole grains you consumed and if not, list 3 whole grains you are willing to consume to improve your diet.</p>	
<p>Whole grains consumed</p> <ol style="list-style-type: none"> 1. Brown rice 2. Whole-grain cereal 3. Quinoa 	<p>Whole Grains You can add to your diet</p> <ol style="list-style-type: none"> 1. 2. 3.
<p>___/3 points</p>	
<p>Fats and Cholesterol 4 points</p>	
<p>On average, what was your total grams of fat consumed?</p>	<p>75 Grams ___/1 point</p>
<p>State the health effects of consuming too much saturated fats Excess saturated fat increases LDL cholesterol, raising the risk of heart disease, and stroke.</p>	<p>___/1 point</p>
<p>What is your average daily intake of cholesterol?</p>	<p>633 mg ___/1 point</p>
<p>What foods contributed the most fat in your diet?</p> <ul style="list-style-type: none"> • Scrambled eggs • Salmon • Peanuts • Beef stir-fry <p style="text-align: right;">___/1 point</p>	
<p>Protein 6 points</p>	
<p>On average, what was your daily intake of protein in grams</p>	<p>145 Grams ___/1 point</p>
<p>Describe what would happen to your body if you do not meet your protein needs.</p> <p>Low protein intake can cause muscle loss, slower wound healing, immune suppression, and fatigue.</p>	<p>___/2 points</p>

If you met your protein needs, list 3 of your top protein sources.

1. Chicken breast
2. Salmon
3. Greek yogurt

List 3 protein food sources you could include in your diet to improve your protein intake?

1. Tofu
2. Beans or lentils
3. low-fat cottage cheese

___/3 points

Analysis of the Micronutrients (___/20 points)

Here you choose 4 vitamins and 4 minerals, try to choose some that you exceeded your requirements, and some that you fell short, discuss the health implications of the deficits and the excesses. For example, what would happen to you if you consumed too much sodium or vitamin A?

Micronutrients 20 points

The Dietary Guidelines recommend <2,300 mg (approximately 1 teaspoon of salt) of sodium per day. How many **mg of Sodium** did you Consume?

4275 mg

___/1 point

What food items contributed the most sodium in your diet?

2 points

1. Arby's Turkey & Swiss sandwich
2. Tuna salad wrap
3. Pretzels
4. Chicken breast (processed, frozen)

Suggest two ways of reducing the sodium in your diet

1. Choose fresh or unprocessed meats
2. Limit high-sodium snacks

2 points

How many **milligrams of Calcium** did you consume? Did this meet your needs? No, this intake was below the 1,000 mg recommendation (78%).

783 mg

___/1 point

Describe the relationship between protein intake and your calcium intakes

Protein and calcium work together to maintain strong bones and overall metabolic health. My protein intake was 145 g/day, which is considered high for me. This high intake can slightly increase calcium excretion in urine, which may lower calcium retention if calcium is low.

___/2 points

If you were deficient in consuming any **vitamins**, list the vitamin and list one food source next to each vitamin that you could eat. (EACH VITAMIN YOU ARE DEFICIENT IN MUST BE WRITTEN, INCLUDING SUGGESTED FOOD SOURCE!) If no deficiencies, write N/A. (Deficient means <100%DRI) *Do not write that you will take a vitamin supplement to make up your deficiency- List food sources.

4 points

Deficient Vitamin and % consumption

Suggested Food Source to consume

Vitamin E, 79% of DRI

Almonds

If you were deficient in consuming any **minerals**, list the mineral and one food source that you could eat. . (EACH VITAMIN YOU ARE DEFICIENT IN MUST BE WRITTEN, INCLUDING SUGGESTED FOOD SOURCE!) If no deficiencies, write N/A. (Deficient means <100%DRI). *Do not write that you will take a mineral supplement to make up your deficiency- List food sources.

4 points

Deficient Mineral and % consumption

Suggested Food Source to consume

Calcium, 78% of DRI

Cheese

Magnesium, 82% of DRI

Beans

List 2 **minerals** that you were deficient in and two that exceeded the requirements and for each state one health effect of deficiency and excess. **4 points**

Deficient

Excess

1. Calcium

1. Sodium

2. Magnesium

2. Iron

Health Effects

Health Effects

1. Weak bones

1. Increased blood pressure

2. Muscle cramps

2. Gastrointestinal distress

List 2 **vitamins** that you were deficient in and two that exceeded the requirements and for each state one health effect of deficiency and excess. **4 points**

Deficient	Excess
3. Vitamin E	1. Vitamin A
4. N/A	2. Vitamin C
Health Effects	Health Effects
1. Weakened immune function	1. Headaches
2. N/A	2. Stomach cramps

Discussion on AMDR ranges (___/4 points).

Macronutrients 4 points	
% Total Calories from Carbohydrate (Recommended: 45-65%)	52 % ___/1 point
% Total Calories from Protein (Recommended: 10-35%)	22 % ___/1 point
% Total Calories from Fat (Recommended: 20-35%)	25 % ___/1 point
<p>How did your macronutrient distribution compare to the AMDR recommendations?</p> <p>My macronutrient balance was within all recommended AMDR ranges. This means my 3-day diet showed was well-balanced. Carbohydrates provided the majority of energy, protein intake was strong but not excessive, and fat intake remained moderate and healthy.</p> <p>___/1 point</p>	

Discussion on your fiber intake; (___/5 points).

State the requirements and compare with your intakes, talk about the health implications if you are over or under the recommendations.

On average, how many grams of dietary fiber did you eat ?	28 grams ___/1 point
What is your recommended fiber intake based on your gender?	38 grams ___/1 point
What are the health implications of consuming too much or too little fiber in the diet? Consuming too little fiber can lead to constipation, higher blood cholesterol, and increased risk of heart disease or colon cancer. Consuming too much fiber can cause bloating, gas, and reduced absorption of minerals like calcium, iron, and zinc.	___/3 points

MyPlate: Did you consume the correct amount of servings from each group? Here, state what your intakes were and compare to the recommendations, you must state what the recommendations are. (6) and compare your intakes with the recommendations. (___/6 points)

MyPlate Analysis 6 points	
Compare your intakes with requirements for the food groups according to MyPlate. ___/1 point	
<ul style="list-style-type: none"> • Grains: 10 oz consumed, 10 oz recommended. Met goal. • Vegetables: 1.5 cups consumed, 3.5 cups recommended. Below recommended. • Fruits: 3.3 cups consumed, 2.5 cups recommended. Exceeded goal. • Protein foods: 15 oz consumed, 7 oz recommended. Exceeded goal. • Dairy: 0.9 cups consumed, 3 cups recommended. Below goal. 	
The Dietary Guidelines recommend 3 cups per day of fat-free or low-fat milk or equivalent milk products. If you met this, list the 2 milk/or milk <i>equivalents</i> you consumed, if not, list the 4 milk/ or milk equivalents you are willing to consume. ___/2 points	
Consumed	Willing to consume
1. 2% Milk	1.
2. Greek yogurt (Activia)	2.
The Dietary Guidelines recommend a variety of fruits and vegetables each day. In particular, select from all 5 vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week. Record if you consumed a fruit or vegetable in the following categories. If you didn't consume any, what fruit or vegetables are you willing to try?	
Categories consumed	

Dark Green: **Broccoli**
Orange: **Sweet potato**
Starchy vegetable: **Green beans**

Willing to try

Dark Green: _____

Orange: _____

Starchy vegetable: _____

____/3 points

Calculations and discussion of BMI, BMR, and EER; compare with recommendations (____/9 points).

Show the calculations and then say what your results indicate. For example, when you calculate EER say the number of calories represent, or what the number for the BMI signifies etc.

Calculations	Interpretations/ Implications
<p>BMI</p> <p>150 lb = 68 kg, 6'1'' = 1.854 m</p> <p>BMI = kg/m^2</p> <p>BMI = $68/1.854^2 = 19.8 \text{ kg/m}^2$</p>	<p>Normal, my weight falls in the healthy range (18.5-25), lower risk of weight related disease.</p>
<p>BMR</p> <p>BMR = $10 * \text{kg} + 6.25 * \text{cm} - 5 * \text{age} + 5$</p> <p>BMR = $10(68) + 6.25(185.4) - 5(22) + 5 = 680 + 1158.8 - 110 + 5 = 1734 \text{ kcal/day}$</p>	<p>Approximate energy my body uses at rest, eating far below this can lead to fatigue and loss of lean mass.</p>
<p>EER</p> <p>EER = $662 - 9.53(\text{age}) + \text{PA}[15.91(\text{kg}) + 539.6(\text{m})]$, where PA = 1.11 (low active)</p> <p>EER = $662 - 9.53(22) + 1.11(15.91(68) + 539(1.854)) = 2764 \text{ kcal/day}$</p>	<p>Estimated daily energy needed at my activity level to maintain weight. My average intake was 2620 kcal/day, which is about -140 kcal/day below my EER, very close to maintenance.</p>

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Recommendations, at least five bulleted points (___/10 points).

Here you will type your five recommendations after analyzing your food intake. Note, don't just write any generic dietary guidelines; examine your results and make your recommendations from your personal results. For example, if you had sufficient dietary fiber, do not make a recommendation about increasing fiber intake.

- **Increase vegetable variety and servings:** My vegetable intake averaged 1.5 cups vs. the 3.5-cup goal. I should aim for more dark-green and starchy vegetables to increase fiber, vitamin K, and magnesium.
- **Raise calcium intake:** I averaged 783 mg/day, which is below the 1,000 mg DRI. I should add one to two servings of low-fat milk or yogurt daily to meet needs and improve bone support, especially given my high protein intake.
- **Lower sodium consumption:** My sodium averaged 4,275 mg/day, almost twice the 2,300 mg limit. I should reduce processed meats, deli sandwiches, and salty snacks.
- **Maintain current calorie and protein balance:** My 2,620 kcal intake is only about 140 kcal under my 2,764 kcal maintenance target, and my protein (145 g/day) supports lean mass. I should keep this range to maintain my weight and muscle.
- **Improve vitamin E intake:** My vitamin E reached 79 % of the DRI. I should include almonds, sunflower seeds, and avocado to boost antioxidant protection and cell membrane health.

References

At least FIVE references from journal articles. (____/5 points)

Use appropriate citation style for your major.

BONBUS SECTION (____/10 points)

Nutrients	Recommendations and unit of measurement taken from your profile page.	First Intake	Corrected intakes

This table is for the bonus section of your assignment. After re-entering a three-day menu and printing the results, use the printouts to complete the table. Choose any ten nutrients that need correcting from your first print outs to complete the table. Include the new printout of this second 3-day average. Write a paragraph commenting on the new 3-day nutrient analysis. (10 points)