**APPH 1040**

**Instructions for the Food Record & Analysis Assignment** (3 points)

**Due date: February 17th before class**

**Submitting your assignment:**

Submit:

1. An electronic version of your assignment on Canvas under “Assignments” tab **prior to the beginning of class**
2. Bring a hard copy to class for in-class discussion
3. Summary Format: Times New Roman, 12 font, Single Space, 1" Margins

**To receive full credit (3 points):**

Credit will be earned as follows:

1. Print 3-day nutrient report (*1.5 points*).
2. Write a 1-2 page long summary/reflection(*1.5 points*).

**Instructions:**

**List everything you eat and drink for 3 full days (2 Weekdays and 1 Weekend day)** on your profile on chronometer (see below). You need to write down the exact amount of food you eat. For example: 1 cup cereal, 8oz orange juice, one medium banana, 6 oz turkey breast, 1 teaspoon mayonnaise, 2 slices rye bread. Be **very specific** when filling out the food record (e.g. write “Cheerios” not cereal; “fat-free milk,” not “milk”; “2 ounces of ham, 2 slices whole-wheat bread, 1 tsp mayonnaise,” NOT “a sandwich”, 8 ounce glass of water, 16 oz can of diet Sprite, etc...) **You do not have to hand this part in.**

1. Go to <http://cronometer.com> and click “login”, use your Facebook or Google/ Gmail account to login (or click “Sign up now” and enter required responses)
   1. Enter your food intake for each of the three days you choose to record for in the “Diary Section”. Make sure to put the right foods on the correct dates - you can change this by clicking the green button under the website title.
   2. On the top, go to “Trends” -> “Nutrition Report”. Select the appropriate time scale for **Daily Averages** (Last 7 days/ 2 weeks) to include the three full days of your food intake. Don’t forget to show only the **Non-Empty Days**. This report will give you a complete list of your total calories, macronutrients, vitamins and minerals for the 3 full days that you entered.
2. **Take a screenshot of the results and put screenshots into MS Word document**
   1. Determine and report how you are doing with your calories, dietary fiber, calcium, vitamin D
   2. Summarize your key findings and the suggested improvements and how this assignment has opened your eyes to making improvements to your nutrition profile