**Week 3 Tutorial – Performing a Dietary Analysis**

* Continue the dietary assessment from last week’s 24-hour recall by completing the ‘food group’ columns in your data collection table
* Use the table below and resources provided (e.g. NRVs, AGTHE) to conduct the remainder of the assessment and analysis.

|  | **Step** | What | How | Example |
| --- | --- | --- | --- | --- |

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| **4.** | **Consult** | Consult the health professional resources to get the reference or recommended amounts of foods/nutrients | * Quantitative: Find/recall your EER and the AMDR for macronutrients from the NRVs / last week’s activity * Qualitative: Find the ADGs and your recommended serves of food groups as stated in the AGTHE | * EER = 10,048 kJ * Fat AMDR = 20-35% * Eat from each of the 5 food groups * Fruit = 2 serves |
| **5.** | **Compare** | Compare your actual intake to the recommended or reference amounts | * Quantitative: compare your actual intake to your recommended intake for energy and the nutrients. * Qualitative: compare your actual intake to your recommended intake for food groups | * Actual Energy Intake = 7,620 kJ * EER = 10,048 kJ   + Difference = - 2,428 kJ * Actual ‘Veg’ Intake = 2 serves * Recommended ‘Veg’ Intake = 5 serves   + Difference = -3 serves |
| **6.** | **Consider** | Consider what the comparisons mean (actual vs. recommended) | * Quantitative: If your actual energy / nutrient intake is significantly different to the recommended intake, what are possible implications of this over the long term? * Qualitative: If your food group intake is different to the recommended intake, what are possible implications of this? | * Excess energy intake can lead to weight gain * Low vegetable intake can contribute to low fibre intake which can lead to constipation |
| **7.** | **Create** | Create specific, realistic changes to your dietary intake | * Quantitative: Come up with an action plan & some ways to address any imbalances * Qualitative: Come up with an action plan & some ways to address any imbalances | * Reduce energy intake by swapping  2 blocks of chocolate to 1 block * Increase vegetable intake by adding 1 cup of salad vegetables to sandwiches |
| **8.** | **Commence** | Commence with a plan  of action today | * Based on your dietary assessment, start  eating your way to better health. | * Increase the vegetable content of your next meal |