**NUTR 150 Final Dietary Analysis Assignment**

|  |  |
| --- | --- |
| **Name:** | Kelsey Berta |

The purpose of this assignment is to keep and evaluate a 2-day food record using the skills you have learned this semester.

**Recording a Food Intake**

1. **Two Day Record (8 points)** 
   1. **Food Intake.** Keep a two-day record of everything you eat or drink (except water and vitamin/mineral supplements.) Record your food intake on the Dietary Record sheet. Choose two days that reflect your **typical** dietary intake (i.e. not Fast Sunday or holidays).
      * **Food Descriptions**. Be specific and describe the foods/beverages in terms another person could copy what you ate.
      * **Portion Sizes.** Estimate the amounts eaten in measurable terms. You may not be able to measure everything, but try to be as accurate as possible
   2. **Hunger Level.** Record the level of hunger level before you eat and 20 minutes after you eat (see codes below). You do not need to list the hunger scale for each food, but you do need to list them for each eating occasion.
   3. **Motivation and Location.** Record the motivation for choosing the food you ate (see codes below) and where the food was eaten.

**Motivation Codes**

A: Availability, It was there

B: Convenient

C: Cost - The food cost fits into budget

D: Nutritional value of food, it was healthy

E: Personal preference, I like it

F: Mood/emotion, I was bored; stressed; tired; excited, angry

G: Social, It was offered and I couldn't refuse

H: Habit/Tradition, I usually eat it, it is familiar

O: Other, please describe

**Hunger Scale Codes**

7: Very uncomfortably full, "Thanksgiving full"

6: Definitely full, but not uncomfortable

5: No longer hungry, feel satisfied but could eat more

4: Neutral - Not hungry but not full

3: Hungry, feel an urge to eat

2: Hungry, the urge to eat is strong

1: Very hungry, preoccupied with food, light-headed

0: Past hunger, numb hunger

|  |  |  |
| --- | --- | --- |
| **Day 1 Dietary Intake** | Record the calendar date; this will be used when entering data into the analysis program: | 11/30/2021 |
|  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Food and Beverage Description** | **Amount** | **Hunger scale**  **(before/after)** | | **Motives – list all that apply** | **Location/Where eaten?** |
| 10:30 am | Oatmeal, old fashioned oats, rolled, quaker | ½ cup | 3 | 4 | A,B | Apartment |
|  | Monster Energy Zero Ultra | 16 Fl Oz | 3 | 4 | A,B |  |
|  |  |  |  |  |  |  |
| 2:30pm | Canned corn drained | 1/3 cup | 2 | 4 | A,B,D,H | apartment |
|  | Black beans canned progresso | 1/3 cup | 2 | 4 | A,B,D,H |  |
|  | Cauliflower rice frozen, steamed | 1/3 cup | 2 | 4 | A,B,D,H |  |
|  | Grapefruit, fresh, red, sections | 2/3 cup | 4 | 4 | D,E |  |
|  |  |  |  |  |  |  |
| 3pm | Milk chocolate covered almonds, roasted | 22 pieces | 4 | 5 | A,B | Apartment |
| 3:30 pm | Reduced Calorie Swiss Miss Hot Chocolate | 1 packet | 5 | 5 | E,F,H | Apartment |
|  |  |  |  |  |  |  |
| 5 pm | Dark chocolate chewy granola bar | 3 piece | 3 | 3 | A,B | Apartment |
|  |  |  |  |  |  |  |
| 8:30pm | Elbow pasta, dry | 2 oz | 3 | 5 | A,B,C,E,H | apartment |
|  | Steamable bag broccoli and cauliflower | 1 bag | 3 | 5 | A,B,E,H |  |
|  | Tomato sauce, prego, garlic | 1 cup | 3 | 5 | A,B,E,H |  |
|  | Grated parmesan | 9 teaspoons | 3 | 5 | A,B,E,H |  |
|  | Cookie Crisp, general mills, dry | 2 cups | 5 | 5 | A,B,F |  |
|  | Peanut butter smooth | 3 table spoons | 5 | 5 | A,B,F |  |
| **Double-check your food and beverage descriptions**.  Be specific and describe the foods/beverages in terms so another person would understand what you ate. Include complete brand names, food preparation methods (such as grilled, baked, deep-fat fried, etc.).  For example: **2%** milk, **8” flour** tortilla, cooked strawberry instant oatmeal.  Remember to record add-ons such as   * **Butter** on toast. If you eat your toast dry without butter, indicate you ate dry toast. * **Milk** and sugar on cereal. If cereal was eaten without milk or sugar, write the type of cereal eaten and note it was without milk or sugar. * **Sauces.** If fries or something similar were eaten without any type of sauce, note the fries without ketchup/sauce. | | | | | | |
| Comment on foods that were difficult to find in NutritionCalc Plus and the substitute food that was used: The monster energy was hard to find and I substituted it with monster energy low carb. | | | | | | |

|  |  |  |
| --- | --- | --- |
| **Day 2 Dietary Intake** | Record the calendar date; this will be used when entering data into the analysis program: |  |
| 12/1/21 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Food and beverage Description** | **Amount** | **Hunger scale**  **(before/after)** | | **Motives – list all that apply** | **Location/Where eaten?** |
| 12:30pm | Milk Chocolate covered almonds | 22 pieces | 2 | 3 | A,B | Apartment |
|  | Light butter microwave popcorn unpopped | 4 TB | 3 | 3 | A,B,C | apartment |
|  | Grapefruit, red fresh sections | 2/3 cup | 3 | 3 | A,B,D | Apartment |
|  |  |  |  |  |  |  |
| 1:30 | Turkey burger, butter ball, sweet onion | 1 piece | 3 | 5 | A,B,D,F,H | Apartment |
|  | Cookie crisp, general mills, dry | 5 cups | 7 | 7 | A,B,F | apartment |
|  |  |  |  |  |  |  |
| 6:30 | Ramen, soy sauce | 1 package | 5 | 5 | A,B | Apartment |
|  | Chocolate covered amlonds | 30 pieces | 6 | 6 | A,B | Apartment |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Double check your Food and Beverage Descriptions**.  Be specific and describe the foods/beverages in terms so another person would understand what you ate. Include complete brand names, food preparation methods (such as grilled, baked, deep-fat fried, etc.).  For example: **2%** milk, **8” flour** tortilla, cooked strawberry instant oatmeal.  Remember to record add-ons such as   * **Butter** on toast. If you eat your toast dry without butter, indicate you ate dry toast. * **Milk** and sugar on cereal. If cereal was eaten without milk or sugar, write the type of cereal eaten and note it was without milk or sugar. * **Sauces.** If fries or something similar were eaten without any type of sauce, note the fries without ketchup/sauce. | | | | | | |
| Comment on foods that were difficult to find in NutritionCalc Plus and the substitute food that was used: | | | | | | |

**Evaluation of Food Intake**

* **Two Day food record (continued) – run a Dietary Analysis:** Once you have recorded your food intake, go to NutritionCalc Plus. (Link found in Canvas on the tabs to the left – McGraw-Hill Connect)
  1. Enter items and quantities from your Day 1 and Day 2 diet record table above.
  2. Run the following reports for the Average Intake (Day 1 and Day 2):
     + **Recommendations Report**
     + **Bar Graph Report for Actual Intakes**
     + **Macronutrient Distribution Report**
     + **MyPlate Report**
     + **Single Nutrient** **Report** for dietary fiber and for sodium

Have these reports ready to refer to when completing this assignment. The reports will not be submitted.

1. **Personal Information (**The rest of the assignment cannot be graded without this information because everyone’s individual needs are based on gender, height, weight, and life cycle stage.) **(1 point)**
   * Gender: Make an X in the appropriate white box. (Females also select an applicable category from the outlined options listed.)
   * Age: Type your age category in the white box using the options listed.
   * Height/Weight: Type your U.S. customary/imperial units (feet, inches and pounds) **or** metric units (centimeters and kilograms). Double
   * check you have selected and entered the correct measurement type in NutritionCalc Plus in the profile screen.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | | | | | | | | | | |  |
|  | **Gender:** | | |  | **Male** | | **x** | | **Female** | | | *If female:* |  | **Non-pregnant** |  | **Age Category:** | 19-30 years |
|  | | | | |  | | | | | | | **Enter one of the following lifecycle options** | |  |  | **Enter one of the following age categories** |
| **Height:** | 5’4 | | | | | |  | | | | | * Female, non-pregnant | |  |  | 14-18 years 19-30 years |
|  | |  | | | | | | | |  | | * Female, pregnant | |  |  | 31-50 years 51-70 years |
| **Weight:** | | 125 | | | | | | |  | | | * Female, lactating | |  |  |  |
|  |  | |  | | | | | | |  | | |  | |  |  |  |  |

**NOTE:**

* + When setting up your profile in NutritionCalc Plus**, DO NOT** enter weight loss/gain goals. Leave it as the default setting of “Lose 0 lbs/week.”
  + Activity Level: Click on the drop-down menu and determine your average daily activity. Keep in mind many people *overestimate* their activity level, which will produce inaccurate results.

1. **Food Guide Evaluation for 2-day Intake:** Using your NutritionCalc Plus **MyPlate** report, complete the white boxes in the following table. Be sure to answer all parts of the Evaluation questions. **(7 points)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MyPlate Food Category** | **Average Intake**  **(Day 1 & 2)** | | **MyPlate Recommendations** | | | | | **Did your Intake Meet the Recommendations?**  (Evaluate your Average Intake vs the Recommendations) | | | | | | | | | | | | | | | | | |
| **a. Grains** | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Average Intake | 9.5 | oz eq | Total Grain Recommendation | 8.0 | | oz eq | |  | |  | | Below | |  | |  | | Met | |  | | x | | Above |  |
|  |  |  | Whole Grain Recommendation | 4.0 | | oz eq | |  | | | | | | | | | | | | | | | | |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |  |
|  | If your grain intake **did not** meet the recommendations, what are **two (2)** grains you would be willing to add? | | | | | | |  | |  | | | | | | | | | | | | | | |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |  |
| **b. Vegetables** | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Average Intake | 2.5 | cup eq | Recommendation | 3 | cup eq | |  | | x | | Below | |  | |  | | Met | |  | |  | | Above | |  |
|  |  |  |  |  |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |
|  | If your vegetable intake **did not** meet the recommendations, what are **two (2)** vegetables you would be willing to add? | | | | | | |  | | Carrots and broccoli | | | | | | | | | | | | | | |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |  |
| **c. Fruits** | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Average Intake | .7 | cup eq | Recommendation | 2 | cup eq | |  | | x | | Below | |  | |  | | Met | |  | |  | | Above | |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |  |
|  | If your fruit intake **did not** meet the recommendations, what are **two (2)** fruits you would be willing to add? | | | | | | |  | | Grapes, berries | | | | | | | | | | | | | | |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |  |
| **d. Dairy** | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Average Intake | .2 | cup eq | Recommendation | 3 | cup eq | |  | | x | | Below | |  | |  | | Met | |  | |  | | Above | |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |  |
|  | If your dairy intake **did not** meet the recommendations, what are **two (2)** sources of dairy you would be willing to add? | | | | | | |  | | Cheese, yogurt | | | | | | | | | | | | | | |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |  |
| **e. Protein** | | | | | | | | | | | | | | | | | | | | | | | | |  |
| Average Intake | 4.3 | oz eq | Recommendation | 6.5 | oz eq | |  | | x | | Below | |  | |  | | Met | |  | |  | | Above | |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |  |
|  | What are **two (2)** plant-based protein foods you would be willing to add? | | | | | | |  | | Beans, nuts | | | | | | | | | | | | | | |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | |  |

1. **Calories Evaluation for 2-day Intake** Complete the following table using your NutritionCalc Plus **Bar Graph** report. **(1 point)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **a. Average Intake (Day 1 & 2)** | | **b. Recommended Daily Intake (This is an estimate)** | |
| Total Calories Consumed | 2253 | Calories | 2338 | Calories |

**Evaluation considerations** (Read through this section and review your work so far.)

* If your caloric intake is 500 Calories or more *over or under* the recommendations, be sure to **double-check the portion sizes** and/or if you are **missing anything you ate**. Here are some common mistakes:
  + Entering 2 cups of dry rice instead of 2 cups of cooked rice.
  + Forgetting to add milk to a meal with cereal.
  + Leaving out salad dressing or sauces on stir fry or ketchup on French fries.
  + Leaving off butter on pancakes or vegetables.
  + Leaving off condiments like mayonnaise on sandwiches.
  + Underestimating or overestimating how much a glass or cup holds. (Even a standard glass is more than 8 oz.)
  + Underestimating dessert sizes. (1 small scoop of ice cream is about 1/2 cup. 1 Oreo is 2” across – most cookies are bigger.)
  + Leaving out oil that is used to cook with.
* The dietary analysis gives an estimate of the number of calories you ate compared to the recommended amount of calories you should consume daily. **Patterns from 1600-3200 calories are designed to meet the nutritional needs of most adults.**
* Your body weight is the best indicator to tell you if you are consuming adequate calories.
  + If your weight is stable, you are most likely consuming adequate calories to maintain your current weight.
  + If you are losing weight, you are not consuming adequate calories to maintain your weight.
  + If you are gaining weight, you are consuming more calories than you need to maintain weight.
  + If the average intake does not match the recommended calories and your weight is stable, keep in mind this is only a **two-day intake**, showing a snapshot of your intake but may not represent your long-term eating patterns.

Your body has a hunger/satiety mechanism for prompting you to begin eating when your body needs fuel and to stop eating when you have consumed enough. Appetite is also a factor in your intake, influencing you to eat when you are not hungry but instead due to various other factors. (For example, you eat a full meal and are completely satiated, but then are offered your favorite dessert – and you cannot refuse).

1. **Hunger/Satiety/Appetite Reflection (3 points)**

What have you learned about your hunger, satiety, and appetite from this assignment? Give at least two specific examples.

* Things to consider
  + Did you consume foods when you were not hungry? What were some of the factors prompting you to eat (appetite)?
  + What types of foods did you eat when you were really hungry?
  + What were the differences in your hunger levels before eating and 20 minutes after you ate?

|  |
| --- |
| I consumed a lot of foods when I wasn’t hungry. Sometimes I felt like I should eat then others I was stressed and decided to eat to relax. I didn’t have any time to go grocery shopping so I was just trying to eat what is left in my pantry and fridge so I ate less snacks when I was hungry. Before eating I felt the urge and while eating was the same thing, but by waiting 20 minutes after eating the need to eat decreased unless I was hungry. |

1. **Macronutrient Evaluation** Complete the following tables using your NutritionCalc Plus **Macronutrient Distribution** report. **(2 points)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Macronutrient % Calories** | **Average Intake (Day 1 & 2)** | | **AMDR Adult**  **Recommendations** | | **Intake vs Recommendations** | | | | | | | | | |
| % of Total Calories from Protein | 12 | % of Calories | 10 to 35 | % of Calories |  |  | Below |  | x | Met |  |  | Above |
| % of Total Calories from Carbohydrate | 55 | % of Calories | 45 to 65 | % of Calories |  |  | Below |  | x | Met |  |  | Above |
| % of Total Calories from Fat | 33 | % of Calories | 20 to 35 | % of Calories |  |  | Below |  | x | Met |  |  | Above |

***Note – % Kcals from protein, carbohydrate, and total fat should add up to approximately 100%. If they do not, you are probably not***

***looking at the correct report.***

1. **Acceptable Macronutrient Distribution Ranges (AMDR) Distribution:** The AMDR distribution of macronutrients is a general guideline to help people know the amount of macronutrients to consume based on their overall daily caloric intake. However, there can be flaws assessing adequate nutrient intake when only looking at the macronutrient percentages. A person could meet the AMDR percentages, but still have a diet high in added sugars, saturated fats, and sodium, as well as low in vitamins and minerals. Using the MyPlate food group equivalent system can help us find more nutritious choices while meeting the appropriate AMDRs. Read the following examples about the limitations of the AMDR’s and answer the question below.

|  |
| --- |
| Example #1:  Michael's AMDR is reported by NutritionCalc Plus as: **60%** carbohydrate, **10%** protein, and **30%** fat  These are all within the AMDR, but when you review his food record you see that his carbohydrate intake was mainly from soda and candy, and the protein and fat intakes were mainly from sausage and bacon. While these foods do not need to be absent from a healthy intake, they are high in calories and low, if not void, in micronutrients and fiber. |
| *Example #2:*  Jane ate 1000 total Calories, with 500 Calories from carbohydrate. (500 carbohydrate Calories/1000 total Calories = 50%)  50% of her Calories are coming from Carbohydrate. Her food record shows these Calories came from whole grains, fruits, and vegetables, but when you compute the number of grams she consumed from carbohydrate, you find she is only getting 125 g of carbs. (500 carbohydrate Calories/4 Cals per gram =125 grams)  This is below the recommended minimum of 130 grams of carbohydrate for proper brain function. While Jane is within the AMDR range of 45-65% of overall Calories from carbohydrate, she is actually not meeting her overall nutrient needs since her overall Calorie intake is so low. A person is unlikely to meet nutrient needs when Caloric intake is below 1200 calories per day. Very low-calorie intake is associated with a slowing of basal metabolism as well. |

Consider that if someone does not get an appropriate number of Calories, the proportion of macronutrients will not be totally relevant. Their report may show that they are within the AMDR distribution, but their Calorie level is so low it would be impossible to get an adequate intake of nutrients.

**a. After reading the above information and examples, mark TRUE or FALSE in the white box next to the following statements**: **(2 points)**

|  |  |
| --- | --- |
| **TRUE? or FALSE?** |  |
| False | The AMDR’s give us a complete picture of how well someone is doing in choosing their macronutrients. |
| True | It is possible to be within the appropriate AMDR and still have a poor dietary intake. |
| False | When trying to lose weight, you should eat as little as possible. |
| True | The MyPlate food group equivalents help us to make nutrient rich choices to meet the AMDR. |
| False | It is possible to get all the nutrients you need from food by eating under 1000 calories a day. |

1. **Saturated Fat Evaluation:** Complete the white boxes in the following table using the NutritionCalc Plus **Macronutrient Distribution** report to findyour average intake. **(2 points)** (Saturated Fat is a *subcategory* under Fat (Total) in the left-hand column.)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Saturated Fat % Calories** | **a. Average Intake**  **(Day 1 & 2)** | | **b. Dietary Guidelines Recommendation** | | | **c. Evaluate your Average Intake vs the Recommendations** | | | | | | | |
| % of Total Calories from Saturated Fat  (use the subcategory under Fat (Total) in the left hand column) | 10 | % of Calories | Less than | 10 | % of Calories |  |  |  | x | Met |  |  | Above |

**Saturated Fat Food Labels:** Find three (3) items in your kitchen (or at the store) with a food label that contain saturated fat. Complete the following table by listing the food, serving size, and saturated fat amount from the food label. (2 points)

|  |  |  |
| --- | --- | --- |
| Food or Beverage | Serving size | Amount of Saturated Fat (grams) |
| Light butter microwavable popcorn unpopped | 2 Tablespoons | 2g |
| Old fashioned oats, quaker | ½ cup | .5 g |
| Swiss miss marshmallow hot chocolate | 1 packet | 2g |

1. **Added Sugar Recommendations (2 points)**
   * *Note: Since the NutritionCalc Plus food database does not have the added sugar information for several of the foods at this point in time, the added sugar amount reported on your* ***Bar Graph for DRI and Actual Intakes*** *report is* ***inaccurate****.*
   * However, knowing your added sugar recommendation is useful when reading the new food labels. Complete the white boxes in the followingtable to determine your limit for Added Sugars. Remember, there are 4 Calories per gram of sugar.
     + **Example:** Rachel’s Average Caloric Intake was 2275 calories.
       - 2275 x .10 = **228 Calories** from Added Sugars. 228/4 = **57 grams** of Added Sugars.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Your Average Caloric Intake**  **(Refer to 4a, above)** | | **Added Sugars should be less than 10% of Your Average Caloric Intake** | | |
| 2253 | a. Calories | b. Less than | 225 | **Calories** from Added Sugars |
| c. Less than | 56 | **grams** of Added Sugars |

**Added Sugar Food Labels:** Find three (3) items in your kitchen (or at the store) with the new food label and that contain added sugars. Complete the following table by listing the food, serving size, and added sugar amount from the food label. **(2 points)**

|  |  |  |
| --- | --- | --- |
| Food or Beverage | Serving size | Amount of Added Sugar (grams) |
| Swiss miss marshmallow hot chocolate | 1 packet | 23 g |
| Cookie bites cereal | 1 1/3 cup | 14g |
| Tomato sauce progresso | ½ cup | 3g |

1. **Nutrient Evaluation for 2-day Intake Table: (7 points)**
2. Using your NutritionCalc Plus **Bar Graph for DRI and Actual Intakes** reports, fill in your intake of total fiber, calcium, potassium, sodium, iron, vitamin C, and folate.
3. Then [***use the DRI tables***](https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/hpfb-dgpsa/pdf/nutrition/dri_tables-eng.pdf)to determine and fill in your RDA/AI and UL for fiber and the micronutrients listed
   * NutritionCalc Plus sometimes uses the UL or other figures in the recommendations column; therefore, **Do NOT use your NutritionCalc Plus reports to list your RDA/AI and UL. USE THE DRI TABLES link provided to look them up.**
4. Assess if your average intake was below the RDA/AI, met the RDA/AI, or was above the UL by putting an x in the appropriate box.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrient** | **a. Your Average Intake from NutritionCalc** | | **\*use the** [***DRI tables***](https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/hpfb-dgpsa/pdf/nutrition/dri_tables-eng.pdf) **to complete these two columns** | | | | **d. Evaluate your Average Intake vs the**  **RDA/AI and UL Recommendations** | | | | | | | |
| **b. Your RDA/AI** | | **c. Your UL** | |
| Total Fiber | 28.7 | grams | 26 | grams | No UL | |  |  | Below RDA/AI | x | Met |  | Above UL |
| Calcium | 1212 | mg | 1300 | mg | 3000 | mg |  | x | Below RDA/AI |  | Met |  | Above UL |
| Potassium | 1874 | mg | 4700 | mg | No UL | |  | x | Below RDA/AI |  | Met |  | Above UL |
| Sodium | 3159 | mg | 1500 | mg | 2300 | mg |  |  | Below RDA/AI |  | Met | x | Above UL |
| Iron | 34.6 | mg | 15 | mg | 45 | mg |  |  | Below RDA/AI | x | Met |  | Above UL |
| Vitamin C | 102 | mg | 65 | mg | 1800 | mg |  |  | Below RDA/AI | x | Met |  | Above UL |
| Vitamin D | 4.65 | mcg | 15 | mcg | 100 | mcg |  | x | Below RDA/AI |  | Met |  | Above UL |
| Folate | 551 | mcg | 400 | mcg | 800 | mcg |  |  | Below RDA/AI | x | Met |  | Above UL |

1. **Low nutrient:** Pick **one** of the nutrients from the above table you were below the RDA/AI (or you may select sodium if you were above the UL.) Answer the following questions. Use the NutritionCalc Plus **Single Nutrient report** to identify the top two foods in your two-day intake that provided the highest amount for that nutrient. Complete the tables below for the nutrient. **(3 points)**

|  |  |  |
| --- | --- | --- |
| **Nutrient – Did Not Meet Recommendations** | | |
| Which nutrient from the above table did you select? | | |
|  | calcium |  |
| Using the Single Nutrient Report for the nutrient you chose, identify the two foods that provided the most (or least for sodium) that were in your report. | | |
|  | Cookie crisp cereal and hot chocolate low calorie |  |
| List two foods you could add (or decrease in the case of sodium) to meet your recommendation for this nutrient? You may refer to the textbook Chapters 8 and 9 for ideas. | | |
|  | Milk, kale |  |
|  | | |

|  |  |
| --- | --- |
| **Reflection on 2 Day Dietary Analysis** |  |
| Act and Add Value Projects  In 1-2 paragraphs, describe whether the Act and Add Value project affected your overall eating during the two days you kept your dietary record.  Give at least one (1) specific example from your dietary intake record to support your main thoughts. **(4 points)** |  |
| Through the act and add value project I learned to decrease sodium and for other people have them eat more fruits and veggies. I tried to increase my intake of fruits and veggies. Everyday I had some fruit and tried to have some veggies every day. I tried to avoid drinking soda which I usually drink a lot and I stopped it for one day. |  |
| Peers/Location  In 1-2 paragraphs, discuss how others around you and/or the location influenced what you ate.  Give at least one (1) specific example from your dietary intake record to support your main thoughts. **(4 points)** |  |
| I only ate at home. But I didn’t go grocery shopping and it was hard to have good hearty meals. I had a little bit of healthy things and couldn’t go to the store. I ate ramen because I didn’t have any other options. The second day I had less food but more caloric foods. |  |