

**THREE DAY FOOD RECORD**Day # 1

Time	Food Eaten	Amount	How Prepared
12:00	Water	8oz	
12:00	Klgs Flakes (crl)	Full bowl	
13:00	Tea	6oz	
13:00	Sausage rolls	3 rolls	Microwave
17:00	Burger Kebab	Medium size	Kebab
17:00	Chips w/ Chilli	Medium size	Fried
17:00	Fanta	8oz	
18:00	Water	8oz	
19:00	Lasagna	3x4 inches	Oven
19:00	Salad	Full handfull	Raw
19:30	Lasagna	2x4 inches	Oven
21:00	Water	8oz	
02:00	Water	32oz	Huge beer mug

**THREE DAY FOOD RECORD**Day # 2

Time	Food Eaten	Amount	How Prepared
12:00	Water	12oz	
15:00	Scone	2 servings	From Store
16:00	Coffee Muffin	1 1/2 servings	From Store
16:00	Coffee	1 serving	Filtered cup
16:30	Water	8oz	
17:00	Apple	1 serving	Raw
17:30	Water	8oz	
18:00	Coffee	1 serving	Filtered cup
18:30	Water	8oz	
19:30	Water	8oz	
20:15	Sausage Roll	2 servings	Microwave
20:15	Water	12oz	
21:30	Ckn, chz, trtlla	2 trtillas worth	George Foreman!
23:00	Water	12oz	

**THREE DAY FOOD RECORD**Day # 3

Time	Food Eaten	Amount	How Prepared
08:00	Tea	6oz	
08:000	Klgs Flakes	Full Bowl	
11:00	Sausage Rolls	2 rolls	Microwave
12:00	Coffee	1 serving	Filtered cup
15:00	Hamburger	1 serving	George Forman!
15:00	Beer	12oz	With Lemon
18:300	Hamburer	3 serving	BBQ Grilled
21:00	Beer	48oz	
21:30	Onion Rings	1 serving	Fried
23:00	Beer	36oz	
01:00	Water	32oz	Huge beer mug

**Worksheet #1****Points****A. Assessment of Weight/Height****(2) 1. Basic Information**Weight: 170 lb; Convert to: 77 kgHeight: 72 in Convert to: 183 cmAge: 23Elbow breadth (see Appendix E, p. E-20, Table E-5): 2.5 inFrame size (see same table as elbow breadth): Medium**(2) 2. What is your ideal weight (range)?**1983 Metropolitan Life table (Table E-4): 160-174 lbQuick Estimation of Ideal Body Weight (Table E-7): 176-183 lbYour personal belief: 175-185 lb**B. Calculation of Energy Needs****(2) 1. Calculate BMR (see page 287):** 1857 BMR**(2) 2. Find the Activity Factor in Table 8-4 (page 286):** x 1.3 factor**(1) 3. Calculate kcal/day (BMR x Activity Factor):** 2414 kcal/day

**Worksheet #2****Points**

A. Calculate percentage of kcalories from protein, fat and carbohydrate.

- (3) 1. Average protein intake = 65 g/day x 4 kcal/g = 260 kcal/day  
Average fat intake = 77 g/day x 9 kcal/g = 693 kcal/day  
Average CHO intake = 257 g/day x 4 kcal/g = 1028 kcal/day  
Total kcal/day = 1981 kcal

2. Percentage of kcal from protein = 13 %  
Percentage of kcal from fat = 35 %  
Percentage of kcal from carbohydrate = 52 %

B. Calculate percentage of kcalories from each kind of fat.

(3)

Kind of fat	Average g/day fat intake	Average fat kcal/day	Percent of fat kcal/day
Saturated	<u>25.6</u> g x 9 kcal/g =	<u>230</u> kcal/day	<u>33</u> %
Monounsaturated	<u>22.2</u> g x 9 kcal/g =	<u>200</u> kcal/day	<u>29</u> %
Polyunsaturated	<u>8.7</u> g x 9 kcal/g =	<u>78</u> kcal/day	<u>12</u> %

**Worksheet #3****Points: 7**

Choose one day that you kept records for and evaluate according to the Food Guide Pyramid. Pay attention to serving sizes. See pages 44 and 45 in your text. **1**

Which day did you choose: \_\_\_\_\_

Food group & servings recommended for you.	Foods eaten in group.	Amount of each food eaten	Number of good group servings provided by each food.	Total servings from food group.
<b>Bread</b>	Klg Flakes	3c	1	3
	Role Bun	3pce	0	1
	Chips	20pce	1	1
	Lasagna	2pce	1	1
<b>Veggie</b>	Lettuce	3c	1	3
<b>Fruit</b>				
<b>Milk</b>	Milk, 2%	1c	1	1
<b>Meat</b>	Sasge Rolls	3pce	2	2
	Burger Kebab	1pce	1	1
	Lasagna	2pce	2	2
Top of pyramid "other" foods	Fanta	1 1/2c	0	1