

## Assignment 2 – Dietary Analysis

NAME: Zach Ritter

Date: 10/23/19

### GENERAL INSTRUCTIONS

- Be sure to read **ALL** the instructions carefully.
- Be sure to respond to all questions with **thorough, detailed answers**.
- Submit this assignment on Canvas. **Please make your document a PDF file or Doc. file. Do not use pages, it will not open on canvas.**

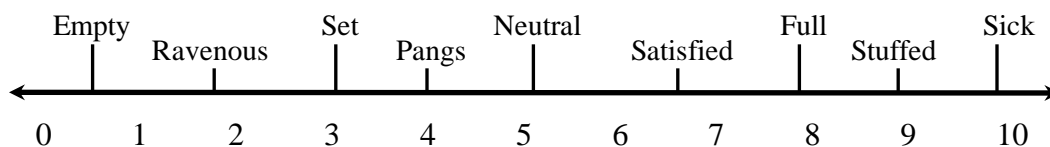
LOCATION	REQUIREMENT	POINTS
pg. 2 and 3 of this document	Two (2) Completed Daily Diet Records -Must include one weekday and one <u>weekend</u> day.	/10
pg. 4 of this document	Using the My Fitness Pal website or app, complete the nutrient report table. Use the completed table to answer discussion question #3.	/6
pg. 5 of this document	Dietary Analysis Discussion	/33
TOTAL		/49

**DIET RECORD #1 – WEEKDAY**    Date: 10/23/19

Time	M/S	H-1	H-2	Food/drink item	# Servings	Eating Location	Comments
<i>Example</i>							
6:30 am	M	1	8	Pancakes Syrup Orange Juice	4 small 3 Tbsp 1 cup	In front of the T.V.	I was so hungry when I woke up this morning!
9 am	M	1	6	Cereal	2 cups	In front of tv	I was hungry when I woke up
9:50 am	S	4	7	Bagel Butter Water	2 slices 1 tbs 2 slices ½ cup 8fl	At my house	Snack before class!
11:15 am	M	3	8	Chicken Rice Broccoli Salad Nachos Water	4oz 1 cup 2cups 1 plate 20 chips 8fl	D Hall	Gave me energy for the day!
3:00 pm	S	3	5	Muscle Milk Water	2 scoops 10fl	At my house	Good protein after workout
5:30 pm	M	2	9	Pasta Carrots	8oz 10 oz	My house	Dinner

**M/S:** Meal or Snack; **H-1:** Hunger Rating BEFORE eating; **H-2:** Hunger rating AFTER eating

**Use Hunger Rating Scale:**

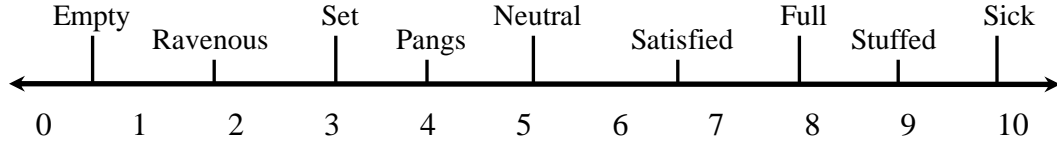


**DIET RECORD #2 – WEEKEND DAY**    Date: 10/20/19

Time	M/S	H-1	H-2	Food/drink item	# Servings	Eating Location	Comments
<i>Example</i>							
10:30 pm	M	5	9	Whole Wheat Bread Mayonnaise Smoked Deli Turkey Chocolate Chip Cookies	2 Slices 1 Tblsp. 4 Thin Slices 6	D-Hall	I was not that hungry to start with, and I ate way too fast, so I got stuffed!
10:30 am	M	2	5	Bagel Butter Water	1 normal size bagel 1 tbs 8fl	House	Recovery meal!
12:45 pm	M	3	8	Whole wheat bread Mayonnaise Ham Spinach water	2 slices 1 tbs 2 slices ½ cup 8fl	House	Good powerful lunch!
2:30 pm	S	5	7	Crackers Cheese	10 crackers 4 oz	My house	Football snack!
5:45 pm	M	2	9	Chipotle Burrito Lemonade	1 Burrito 16fl	Chipotle	Evening meal
10:30 pm	S	5	5	Water	100 fl	House	Water before bed!

**M/S:** Meal or Snack; **H-1:** Hunger Rating BEFORE eating; **H-2:** Hunger rating AFTER eating

**Use Hunger Rating Scale:**



## NUTRIENT REPORT WORKSHEET

In the **My Fitness Pal website**, click Reports in the top navigation bar. In the Choose A Report drop down box, analysis for each of the following nutrients can be found.

Nutrients	Weekday	Weekend Day	Target	Over/Under/OK
Net Calories	2125	3105	2640	Over and Under
Carbohydrates	285	247	330	Under
Fat	67	96	88	Under and Over
Protein	101	142	132	OK
Saturated Fat	22	41	29	Under and Over
Trans Fat	0	0	0	OK
Cholesterol	201	303	300	Under and OK
Sodium	2252	4716	2300	Under and Over
Potassium	924	894	900	OK
Fiber	27	33	40	Under
Sugar	42	28	99	Under
Vitamin A	273	39	100	Over and Under
Vitamin C	130	9	100	Over and Under
Iron	93	94	100	OK
Calcium	90	86	100	Under

<b>DIETARY ANALYSIS DISCUSSION, 33 POINTS TOTAL</b>
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**Directions:** Answer the following questions in paragraph form using complete sentences and proper spelling and grammar.

1. Were these days typical of your eating habits and intake? Why or why not?  
(5 pts)

The weekday was a fairly typical day for me, although looking back I think I may have eaten less than normal that day. This could be because I was less active than normal, so I may have needed less caloric intake. I don't believe my weekend day was typical. This is because I was short on food in my house, so it limited what items I could consume.

2. Compare and contrast your weekday **food and beverage** intake with your weekend intake. Be sure to thoroughly explain reasons **WHY** there are differences and/or similarities.  
(10 pts)

On weekdays, I have a fairly regular pattern of food intake, since my days revolves around a class schedule that is constant. On weekends, the times and places that I eat are more diverse, because of this, I tend to eat healthier on the weekdays than weekends. Another factor that contributes to my weekday food intake is D-Hall, where I eat lunch every day. Since they offer a variety of healthy options, going there helps me eat a more balanced diet.

On weekdays, the only beverage I consumed was water, which I attributed to its low cost and availability. On weekends I am normally more likely to consume sugary beverages. This is because I like to treat myself with delicious drinks, but this weekend I decided to drink water, so water intake was also pretty high on the weekend as well.

3. Using the information from the **Nutrient Report Worksheet** (page 4 of the original document), identify three excesses and three deficiencies in your diet. Then for excesses identify food choices that contribute to each excess. For deficiencies identify food choices that you could make more frequently to improve each deficiency. (15 pts)

One of my excesses was in calories on my weekend day. The major source of calories that day was the chipotle burrito I consumed for dinner. I consumed it because I was out of food at my house and went for a quick meal. In the future, I should look for a healthier restaurant, or choose a better option from the chipotle menu.

A second excess was in my weekend fat intake. My lunch and dinner both had a high amount of fat in them. The cheese and crackers I had for lunch had more fat than I would've guessed which may be why I was over the recommended amount. Going forward I will look for low fat cheese or avoid consuming large amounts of cheese.

Sodium was another area where I had an excess amount on the weekend. This was by far my most excessive category, as I consumed almost double the recommended amount. The crackers and cheese had almost half the total amount I needed for the day. To fix this, I should replace some of the items with fruits and vegetables, which have much lower sodium content.

I had a deficiency in my protein intake on the weekday. This was because many of the foods I consumed were carbohydrates and were low in protein. My dinner was particularly low in protein as it had only 18 of the 132 grams needed for the day. To improve upon this, I could add a lean meat to my pasta.

Another deficiency was my potassium. This was because I did not have a high amount of vegetables on this day. Normally when I go to D-Hall for lunch I will get vegetables served with my main meal, however this day I chose not to eat bananas. Eating more bananas is another good way to improve upon my potassium.

A third deficiency was carbohydrates. I had 285 of my 330 recommended grams. I had about 70g in every meal, and only 20 in my snacks. A reason for this could've been the protein shake I had which only had 9g. To fix this deficiency, I will eat more carbohydrates in my snacks throughout the day, which could be filled with granola bars.

4. Write **two** S.M.A.R.T. goals to change your dietary intake and eating habits in the future. For full credit, be sure to make each goal Specific, Measurable, and Time Based.  
(3 pts)

I will increase my potassium intake by 500mg per day by the end of the month by eating more bananas at D Hall.

I will increase my weekday protein intake by 20g per day by the end of the week by adding more meats like chicken and beef to my meals.