Assignment 10   PED 161.003   Fall 2016   (last homework!)

My Nutrition Plan for a Healthy and Long Life .

I would love you to turn this in Monday Dec 5. I will give you an extension if you need it. Must be typed
except the charts - can handwrite those if you want. You may email me this homework project.

1. Calculate your caloric needs using the Mifflin-St Joer formula we discussed in class and show your work:

2. Calculate your actual needs by using the appropriate activity factor: multiply your Resting by a factor
below). Show your work and write a sentence justifying why you picked this factor.

- 1.200 = sedentary (little or no exercise)
- 1.375 = lightly active (light exercise/sports 1-3 days/week,
- 1.550 = moderately active (moderate exercise/sports 3-5 days/week
- 1.725 = very active (hard exercise/sports 6-7 days a week
- 1.900 = extra active (very hard exercise/sports and physical job

3. Calculate your nutrient distribution using the calories per day that you calculated in #2: See the calculations
sheet posted on BB. You should end up with grams per day of carb, protein and fat. Show your work:

4.   Take the grams per day of Carb, Protein and Fat you just calculated, and distribute them throughout the day
for meals and snacks (if you usually eat a snack) in the following chart. Remember that you need some protein
and some carb, preferably that contains fiber, at each meal.   The Totals column should equal the grams per day
that you calculated. Your fiber is a daily total so divide between the meals.

Nutrient	Breakfast	Lunch	Dinner	Snack 1	Snack 2	Totals
Carb						
Protein						
Fat						

5.   Pick Breakfast, EITHER a Lunch or a Dinner and 1 snack. Think of foods that you would eat that would
meet the grams of carb, fiber and protein you selected for your meal AND fit into the Choose My Plate concept
(don't worry about fat for this project). Use the information below or you can look on the label of a food you
will actually eat - OR use nutritiondata.com to look up the information.   If it is a restaurant meal look up on
that restaurants website. At each meal, include foods with fiber.

Here is a little cheat sheet that you can use to calculate the grams of carb or protein in foods: but it is more
accurate to look them up….. You can also use Choosemyplate.gov for ideas.

Grains Group: Starchy Veg, Cereal , Rice, Pasta or Bread 1 slice or ½ cup = 15gram carb
Vegetables (non-starchy): ½ cup cooked = 5g carb   1 cup raw = 5g carb
Milk: 1 cup = 12g carb and 8g protein
Yogurt: 1 cup = 12g carb and 14g protein (actually varies a lot so really have to look on the label)
Cheese: 1 ounce (size of 2 dice) = no carb, 8g protein
1 egg: no carb, 7g protein
1 ounce of beef, chicken, pork or fish = 7g protein
1 small fruit = 15g carb
4 ounces fruit juice = 15g carb

Breakfast: Must contain all food groups

Food Group	I will eat	How much (serving size)	Grams of Carb	Grams of fiber	Grams of Protein
Dairy					
Fruit					
Grains					
Protein					
Total g of carb and protein	(blank)	Blank	Total:	Total:	Total:

LUNCH or DINNER: Must contain all food groups

Food Group	I will eat	How much (serving size)	Grams of Carb	Grams of fiber	Grams of Protein
Dairy					
Fruit					
Grains					
Vegetable					
Protein					
Total grams carb and protein	(blank)	(blank)	Total:	Total:	Total:

Snack (must fiber and be less than 250 calories. If it has protein, even better. Does not have to have all the food groups - just put your choice in the most appropriate group)

Food Group	I will eat	How much (serving size)	Grams of Carb	Grams of fiber	Grams of Protein
Dairy					
Fruit					
Grains					
Vegetable					
Protein					
Total grams carb and protein	(blank)	(blank)	Tot:	Tot:	Tot: