FNU 203

Diet Analysis Project

Worksheet I

Use the iProfile printouts to answer the following questions. MyPlate information can be obtained from your out-of-class assignment (10/25/19) using [www.choosemyplate.gov](http://www.choosemyplate.gov). Use a colored marker (hi-liter) to highlight areas in the reports where the information requested is located.

MyPlate

How well did you meet your recommendations (refer to your choosemyplate.gov printout from the out-of-class assignment) Complete the following table.

|  |  |  |
| --- | --- | --- |
| Food group | Number of servings recommended (from choosemyplate.gov printout) | % of goal met on average day  (from iProfile report) |
| Fruits | 1.5 cup | 0 |
| Vegetables | 2.5 cup | 75.1 |
| Grains | 6 oz | 27.9 |
| Meat and meat alternates | 5 oz | 141.2 |
| Milk and dairy | 3 cup | 8.2 |

Energy

1. Calculate your Ideal Body Weight using the Hamwi formula:
2. Men: 106 pounds for first 5 feet + 6 pounds/inch over 5 feet + 10%
3. Women: 100 pounds for first 5 feet + 5 pounds/inch over 5 feet + 10%

Height: \_5\_\_\_\_ Feet: \_\_\_2\_\_Inches Weight: \_\_\_100\_\_ Pounds

Ideal Body weight: \_\_\_\_(100+10)\_\_\_\_ + 10%= \_\_99\_\_\_\_\_\_\_\_ to \_\_\_\_121\_\_\_\_\_ pounds

1. What is your Body mass index? \_\_\_\_\_\_18.3\_\_\_\_\_\_\_\_\_\_ (provided on profile page ; you do not have to calculate)

What is the interpretation of your BMI? (underweight, normal weight, overweight, obese) \_\_\_\_\_\_\_\_underweight\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. According to iProfile, what is your recommended daily intake of energy (Kilocalories)? \_\_\_2186\_\_\_\_\_\_\_\_ Kilocalories/Day
2. The iProfile software uses one calculation on which energy needs are based. Another way to estimate energy needs follows. Use this formula to estimate energy needed to maintain current weight:

Current body weight in pounds X Activity Factor= Estimated Energy Needs

|  |  |
| --- | --- |
| Activity Level | Activity Factor |
| **Sedentary:** Engage in only the activities of daily living with no moderate or vigorous activity | 11 |
| **Low activity:** Daily activity equivalent to at least 30 minutes of moderate activity and a minimum of 15-30 minutes of vigorous activity | 13 |
| **Active:** Engage in at least 1 hour of moderate activities and 30-60 minutes of vigorous activity daily | 15 |
| **Very Active:** Engage in at least 2.5 hours of moderate activity and a minimum of 1-1.75 hours of vigorous activity daily | 18-20 |

Current body weight = \_100\_\_\_\_\_\_ X Activity Factor \_13\_\_\_\_\_\_ = 1300 Kilocalories

1. How do the two estimates compare? Which do you think is most reflective of your needs? Why?

Whatever iProfile or MyPlate recommends is ridiculous because it’s too high for my small body. When I allowed myself to have up to 2000 calories and work out 1 hr a day I gained about 30 pounds and I was not feeling healthy at all. The activity factor calculation is much closer to what I try for daily.

1. What was your average daily intake of energy? \_\_\_\_996\_\_\_\_\_\_\_\_ Kilocalories
2. What was your average daily energy expenditure? (Activity journal summary) \_1361.66\_\_\_\_\_\_\_\_ Kilocalories
3. Using the Energy Balance Worksheet, how does your intake compare to output?

My intake is less than my output so that makes me lose weight.

1. At the current time, do you want: \_\_\*\_\_ maintain weight: \_\_\_ gain weight: \_\_\_\_ lose weight
2. Based on the iProfile reports, what changes are necessary in intake/output to achieve that goal?

Increasing my intake more than the double.

Macronutrient Distribution

1. What is your macronutrient distribution:

\_47.7\_\_\_ % of Kilocalories from Carbohydrate

\_27.9\_\_\_\_% of Kilocalories from Protein

\_24.3\_\_\_\_% of Kilocalories from Fat

1. How does your macronutrient distribution compare to the AMDR? IT agrees with AMDR.
2. What is your average intake of each of the following: (Use intake compared to DRI report)

\_\_9.3g\_\_ grams saturated fat Goal met: \_\*\_\_ Yes \_\_\_ No

\_\_0.0g\_\_ grams trans fats Goal met: \_\*\_\_ Yes \_\_\_ No

\_\_7.7g\_\_ grams monounsaturated fats Goal met: n/a

\_\_4.9g\_\_ grams omega 3 fats Goal met: n/a

\_\_116mg\_ milligrams cholesterol Goal met: n/a

\_\_15g\_\_ grams Total fiber Goal met: \_\_\_ Yes \_\*\_ No

\_\_70g\_\_ grams protein Goal met: \_\*\_\_Yes \_\_\_ No

Summary:

Based on your analysis of the data in this report, what areas of your diet could be improved? Be specific.

Fiber should be improved. Looking into my poor intake of fruit caused me having low fiber intake. Additionally, though it is not part of the previous questions, I believe I should try to increase my activity levels.

Food and Nutrition 203

Diet Analysis Project- Worksheet II

For this worksheet, you will be using two of the iProfile reports: (1) Intake compared to DRI – 3 day average; and (2) intake spreadsheet – 3 days.

1. Complete the following table, indicating your RDA/AI for each of the selected micronutrients, your average intake, and the % of your RDA/AI met.

|  |  |  |  |
| --- | --- | --- | --- |
| Nutrient | Your RDA or AI, Including units of measure | Your actual intake- average of 3 days | % of RDA or AI met |
| Vitamin C | 75 mg | 30mg | 39.4% |
| Thiamin | 1.1 mg | 0.7 mg | 64.1% |
| Riboflavin | 1.1 mg | 0.8 mg | 69.7% |
| Niacin | 14 mg | 20 mg | 144.2% |
| Folate | 400microg | 238 microg | 59.4% |
| Vitamin B6 | 1.3 mg | 1.3mg | 101.8% |
| Vitamin B12 | 2.4 microg | 5.8 microg | 241.3% |
| Vitamin A | 700 microg | 367 microg | 52.4% |
| Vitamin D | 15 microg | 15 microg | 103.3% |
| Vitamin E | 15 mg | 4 mg | 26.6% |
| Sodium | 1500-2300 mg | 1233 mg | Below recommeded |
| Potassium | 4700 mg | 2092 mg | 44.5% |
| Calcium | 1000mg | 478 mg | 47.8% |
| Magnesium | 310 mg | 170mg | 54.7% |
| Iron | 18 mg | 10 mg | 54.1% |
| Zinc | 8 mg | 6mg | 74.5% |

1. For each nutrient, indicate the four foods (with amount eaten) consumed over the three days that provided the largest quantity of the vitamin or mineral. Note: It is possible to list the same food four times, if in fact, you ate it four times over the course of the three days, and if it is a food that is rich in that specific nutrient. **Highlight these foods and nutrients on the Intake spreadsheet.**

|  |  |  |
| --- | --- | --- |
| Nutrient | Four food items consumed, and amounts consumed | Amount of nutrient provided |
| Vitamin C | Asparagus | 9.9 |
|  | tomato | 8.5 |
|  | salmon | 7.1 |
|  | beef | 26.1 |
| Thiamin | Salmon | 0.63 |
|  | Asparagus | 0.24 |
|  | Beef | 0.46 |
|  | Mix vegetables | 0.08 |
| Riboflavin | Asparagus | 0.24 |
|  | Mushrooms | 0.15 |
|  | Yogurt | 0.25 |
|  | Salmon | 0.25 |
| Niacin | Mushrooms | 5.1 |
|  | Asparagus | 1.7 |
|  | Tomato | 1.2 |
|  | Salmon | 15.5 |
| Folate | Asparagus | 91.5 |
|  | Mushrooms | 31.8 |
|  | Salmon | 65.5 |
|  | Beef | 281.5 |
| Vitamin B6 | Salmon | 1.25 |
|  | Asparagus | 0.16 |
|  | Mushrooms | 0.16 |
|  | Tomato | 0.12 |
| Vitamin B12 | Salmon | 5.39 |
|  | Beef | 1.07 |
|  | Yogurt | 0.6 |
|  | M&Ms | 0.22 |
| Vitamin A | Cream cheese | 14.9 |
|  | Asparagus | 66.9 |
|  | Tomato | 26.8 |
|  | Onion | 15 |
| Vitamin D | Salmon | 25.3 |
|  | Mushrooms | 0.3 |
|  | Mushrooms | 0.2 |
|  | Salmon | 20.5 |
| Vitamin E | Salmon | 2.2 |
|  | Asparagus | 2.0 |
|  | Canned Tomato Sauce | 1.8 |
|  | Salmon | 1.7 |
| Sodium | Almond bread | 110 |
|  | Chees | 169.6 |
|  | Tomato | 578.3 |
|  | Mushrooms | 220 |
| Potassium | Cream cheese | 6.4 |
|  | Edamame spaghetti | 1145.7 |
|  | Asparagus | 355.5 |
|  | Mushrooms | 412.8 |
| Calcium | Almond bread | 40 |
|  | Edamame spaghetti | 102.3 |
|  | Asparagus | 42.2 |
|  | Cheeses | 125.3 |
| Magnesium | Beef Stir Fry | 60.8 mg |
|  | Salmon | 59.9 mg |
|  | Salmon | 57.8 mg |
|  | Frozen Mixed Vegetables | 26.4 mg |
| Iron | Edamame Spaghetti | 8.3 mg |
|  | Asparagus | 3.8 mg |
|  | Beef Stir Fry | 3.7 mg |
|  | Asparagus | 2.4 mg |
| Zinc | Beef Stir Fry | 5.3 mg |
|  | Braised Flank Steak | 3.4 mg |
|  | Salmon | 1.0 mg |
|  | Asparagus | 0.9 mg |

1. Based on your analysis, do you think you would benefit from vitamin/mineral supplements? If so, which ones? Why?

Yes, I believe supplements are necessary and beneficial for my lifestyle.

I am severely lacking in Vitamin E, Vitamin A, Biotin, Potassium, Calcium, Magnesium, Iron, Fluoride, Iodine, Vitamin C, and Folate. There are several other vitamins/minerals that I am slightly deficient in according to the intake spreadsheet, but these are the most severe. However, I am slightly skeptical of this still because my DRI recommendations suggest a much higher overall consumption amount than I currently observe to maintain my weight. Additionally, I will need to try to diversify my diet before I select exactly what I should take supplements for.