

Diet analysis

Business



This is a 3 day dietary recall and nutrient analysis which will provide you with the opportunity to become aware of your eating habits and nutrients you consume. You will be graded on the quality of your work, NOT the nutritional quality of your diet.

The purpose of this assignment is to help you make the connection between your diet and what you learn in class. PART I. FOOD REPORT AND MYPLATE COMPUTER ANALYSIS YOUR THREE DAY REPORT MUST INCLUDE DATA FROM TWO WEEKDAYS AND ONE WEEKEND DAY. Step 1: Go to www.choosemyplate.gov Step 2: On the green bar, select “ Super Tracker & Other Tools” Step 3: Select “ SuperTracker”

Step 4: Select SuperTracker graphic.

This will take you to www.supertracker.usda.gov Step 5: In top right corner, select “ Create Profile” Step 6: Create Profile/Register. SAVE YOUR INFORMATION – YOU WILL NEED TO LOG IN EVERY TIME YOU USE THE SUPERTRACKER Step 7: On blue bar on top, select “ Track Food & Activity” Step 8: Begin Inputting Data For Reports at end of 3 Day Recall: Step 1: From SuperTracker, Select “ My Reports” from blue bar Step 2: Select “ Nutrient Reports” , input dates, select “ Create Report”, and print* Step 3: Select “ Meal Summary Report” .

Choose the dates (three days in total) b. Select “ ALL” c. Click on “ Generate Report” d. Print* (you may print the file as a Word doc if you prefer. You can export the list as a word document in the upper right hand corner of the page.) Step 4: Select “ Food Groups & Calories” on blue bar, input dates, select “ Create Report”, and print report Remember: *Always add your foods

and beverages to a specific meal (Breakfast, Lunch, Dinner, Snack), or else your Meal Summary Report will be wrong *Be as SPECIFIC AS POSSIBLE.

Ex: enter “ battered fried chicken drumstick with the skin” and not just “ chicken”. Enter “ skim milk” and not just “ milk. ” Ex: whole wheat bread vs. white bread. *You will need to enter HOW things are cooked/prepared.

Is your meat/chicken/fish broiled? Pan fried? Baked? Roasted? Is there sauce or gravy on it? Did you use some kind of fat during preparation? * Make sure your PORTION SIZES are accurate. Look at food labels and measure out portions if necessary. Remember, one serving on a food label isn't necessarily the amount that's in the box/bag.

It is a good idea to use a small scale or some measuring cups/spoons and find out what these measurements actually look like. *If you aren't going to be near a computer, write down all food and beverages AS YOU EAT/DRINK IT and input the data into the computer program later that day * Don't forget nonalcoholic and alcoholic drinks, condiments, sauces, dips, sugar/cream added to coffee/tea, candies, vitamin/mineral supplements, gum, and ANYTHING YOU PUT INTO YOUR MOUTH! *Include ounces of water/other liquids you consum