

# [Nutrition worksheet analysis essay](https://assignbuster.com/nutrition-worksheet-analysis-essay/)

Nutrition WorksheetIn order to obtain optimal health, it is critical to eat a healthy and balanced diet. Becoming knowledgeable about how to evaluate the nutritional value of what you eat may greatly increase your ability to improve your health and wellness. In this two-part worksheet, you critique a recipe for nutritional value and respond to two short answer questions about nutrition. Completing this assignment is a step towards gaining the knowledge needed to better manage your nutrition.

Part 1: Critique a MealFor this part of the assignment, you critique the nutritional value of a meal. You will select this meal from the USDA website. Follow the instructions below:•Access the USDA Recipe Finder search tool at http://recipefinder. nal. usda.

gov/o(either click on or paste the above link in your internet’s address bar)•Search for a recipe using one of the available criteria: oType in ingredients; oType in a recipe name, or; oChoose options from the available categories•Select a recipe to critique from the generated results. Review the nutritional information provided for the recipe you selected or added and answer the questions below. 1. What is the name of the recipe you are evaluating5 A Day Salad2.

Which essential nutrients—carbohydrates, fats, proteins, vitamins, and minerals—are included in the recipe? Carbohydrates – 23 g and 8 % Daily ValueDietary Fiber – 8 g and 32 % Daily ValueSugars – 12 gTotal Fat – 1 g and 2% Daily ValueSaturated Fat – 0 g and 0 % Daily ValueTrans Fat – 0 gProtein – 6 gCholesterol – 0 mg and 0 %Sodium – 100 mg and 4 %Vitamin A – 420 %Vitamin C – 280 %Calcium – 10 %Iron – 15 %3. Which ingredients are providing each nutrientVitamins – Spinach, Green Peppers, Cherry Tomatoes, Broccoli, Cauliflower, Yellow Squash, Cucumber, Carrot, Zucchini4. Does this recipe include a good balance of essential nutrients? Explain your answer….