**Diet Analysis Project**

Visit the **MyFitnessPal** website at myfitnesspal.com. Take a few moments to explore this website. There are many resources to the website including blogs, community, recipes, goal setting and is useful for determining calorie needs, managing weight, tracking physical activity, assessing nutrient intake. Included on the website are many suggestions and useful tips for eating a healthier diet. This project will help reinforce the nutrition concepts taught in this class and are a great resource to share with friends and family.

**To Get Started**:

1. Go to: **MyFitnessPal.com** and review the website and its links.

2. Create a profile and log-in. You’ll need to supply at a minimum a username, password, ht, wt, and activity level. There are many other options such as goal setting, weight loss, etc.

3. There is also a phone app available at no charge and can be linked to a digital device such as a Fitbit

**Food and Exercise Records:**

Record*everything* you eat and drink for 5 days. The accuracy of your diet analysis will greatly depend on how well you enter your food intake information into the **MyFitnessPal** food diary. In order for the analysis to be of any value to you, it is extremely important to be as accurate and as truthful as possible when keeping track of the foods/beverages you consume on these days. The following are some things to note when keeping your food records.

* Keep a written food journal with you for convenience or use the smart phone application as you go along.
* Write/record what you eat at the time you ate it. Remember to include things such as snack, drinks, etc.
* Make sure you record portion sizes accurately. Become familiar with what 1 cup, 1 tablespoon, 4 oz, etc., looks like on a plate or in a glass so you can visually estimate when you don’t have measuring cups or spoons available
* While you are keeping your records do not change your eating habits. The main objective of this project is to analyze your current daily eating pattern, do not try avoid eating something just because it may be inconvenient to write down or remember
* Try recording 4 weekdays and 1 weekend day to get a better assessment of your weekly intake

*Note: If you take a multivitamin- it is recommended to leave it out of your food record as this project is meant to analyze your food intake.*

**Activity Record:** Keep a written record of the time you spend doing exercise everyday or enter on smart phone app. This includes running, aerobics, weight lifting, or any other activity that you engage in. This information should be added to the exercise diary of **MyFitnessPal**

When complete, enter this information into your **MyFitnessPal** account (or record as you go, whichever you prefer). Pay careful attention to portion size, time of day the food was eaten, and additional condiments used in the preparation of the food. If you are having difficulty finding a match for the food eaten, try the best you can to select a food with the closest nutrient profile.

**TO DO:**

1. Once you have entered your full day’s intake and exercise click on “Complete This Entry” and then “View Full Report” (Printable). Make sure you have checked all the boxes for the Printable Diary.
2. Make note of your totals for each day for each category, divide by 5 to get your average intake for calories, carbohydrates, fat, protein, cholesterol, sodium, sugar, and fiber.

**QUESTIONS:**

1. What are your estimated calorie needs, according to your goal? (1 pt.)
2. What is your average (5 days) calorie intake? (1 pt.)
3. Compare your average caloric intake to your estimated calorie needs, will the difference or similarity have any effect in helping you achieve or maintain a healthy body weight? Why or why not? (3 pt.)
4. What are your average daily intakes of calories, carbohydrates, fat, protein, cholesterol, sodium, sugar, and fiber? Include an actual number, not just “below” or “above” (5 pts.)

### 5.Average Daily CalorieIntake (10 pts.)

#### Carbohydrate (daily average): \_\_\_\_\_\_\_\_\_\_\_g/day x \_\_\_\_\_\_ calories/g = \_\_\_\_\_\_\_\_\_\_\_\_\_ calories/day

Protein (daily average): \_\_\_\_\_\_\_\_\_\_\_\_g/day x \_\_\_\_\_\_ calories/g = \_\_\_\_\_\_\_\_\_\_\_\_\_\_calories/day

Fat (daily average): \_\_\_\_\_\_\_\_\_\_\_\_g/day x \_\_\_\_\_\_ calories/g = \_\_\_\_\_\_\_\_\_\_\_\_\_\_calories/day

#### *If you consumed an alcoholic beverage, include the average alcohol calories here*

Alcohol \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_calories/day

Total kcal/day (*add up all of the above calories*) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_calories/day

**Percentage of kcal from macronutrients:**

Carbohydrate calories ÷ total average calories x 100 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_% of total calories

Protein calories ÷ total average calories x 100 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_% of total calories

Fat calories ÷ total average calories x 100 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_% of total calories

1. To analyze the health benefits and harms from each category, use the Daily Nutrient Calculator (DRI) on the USDA’s website to find the data representing your individual requirements. If your average intake is higher/lower than recommended, why is this a problem? **Be sure to comment on each nutrient analyzed.**

What are the possible consequences of continuing to eat this way? If you are on target with the recommendations, why is this beneficial?**Make sure to discuss the health benefits or harms within each nutrient category**. For example, if you are averaging too much sodium what effect might this have on your health? If you are on target for

fiber, why is this beneficial? **You must report on all categories even if you are**

**meeting the recommendations and discuss the longterm benefits or harm of continuing**

**to eat this way. (20 pts.)**

1. What role does physical activity play in health? (5 pts.)
2. What do you know about trans fats and why are they harmful? (5 pts.)
3. What would make obtaining fruits and vegetables so difficult for the average American to eat in adequate quantities? (5 pts.)
4. What are some suggestions that would help you or others obtain their recommended daily intake of fruits and vegetables? (5 pts.)
5. In general, how do you think your diet fairs? What, if any, changes will you make to your diet after completing this project? Explain in detail.**(20 pts.)**

**TO BE PASSED IN:**

* Include all5 days of your food intake and exercise as entered into MyFitnessPal. Click on “View Full Report” (Printable) and either take a screen shot or save as a .pdf. Attach all 5 reports to your project, make sure that contain your food and beverage intake for all 5 days. (20 points).
* Answers to the questions (points indicated for each answer)
* Include references, do not use Livestrong, Huffington Post, NY Times or any other media related source. Use only peer reviewed journal articles or your textbook.

**Food, Beverage and Activity Record**

**You don’t need to include this form**

**OPTIONAL or ENTER AS YOU GO IN SMART PHONE APP**

### ***Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

#### **Date and Day of the Week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| Time | Amount | Food or Drink and Description | Activity  (type/minutes) |
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Today’s I ate or drank (circle): more than usual less than usual as usual