Nutrition Project - Ch. 5

Does Your Diet Meet Nutritional Standards?

Your task is to keep a food diary for three consecutive days and analyze your diet.

1. **Go to Cronometer.com to setup an account**

* Hit the “sign up for free” button
* Create an account – use a login that you will remember
* Enter information for your body type
* Validate your account through the email link that Cronometer sends

2. **Keep track of everything you eat and drink (including water), and the amount/type of physical activity you do for three consecutive days ( ).** For 10 points extra credit, keep track for a fourth day. Include the type and amount of each food you eat. Include the type and amount of exercise you do. To enter on Cronometer, make sure you are on the correct day on the calendar, and hit the apple icon to add food for the day. Click on the runner icon to add exercise. You can adjust the serving sizes to what you actually ate. To help you with food measurements, use pages 4 and 5 of your *Activity & Eating* booklet. At the end of each day, hit the gear in the upper right and mark the day complete. **Print out each day after you finish entering your food.**

3. After you have entered your food for three (or four) days, **print out your “trends” nutrition report** to get your average intake of calories and nutrients.

* Click on the "Trends” tab
* Click on the “Nutrition Report” tab
* Make sure it reads “Daily Averages for the last 7 days”, check “including today” and change box to “non-empty days.
* Print your results

4. Using the data from your reports**, write a one-page analysis (paragraph form) of your eating habits**. Things to consider in your analysis: What factors influence your food choices and eating patterns? Which foods were the healthiest and most nutritious? Which foods were the least healthy and least nutritious? Does your diet meet accepted nutritional standards (look at your report and compare your *target* with what you actually ate for each nutrient)? Explain why or why not. Do you consume a high portion of sugars? Did you have too much sodium? Did you get enough fiber? Did you drink enough water? Did you do enough exercise? Are you getting enough calories? Predict possible health consequences you may experience in the future based on your current eating and exercise habits. Use data from your reports to support your predictions. What are some specific ways that you can improve your eating and exercise habits? *Elaborate in your analysis!*

OVER-+

Cut here and attach to your Food Diary

Self -Evaluation

Evaluation

Three consecutive days with specific entries and totals (30) \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

*Fourth day (10 pts. extra credit) \_*  Trends Nutrition Report (5)

Analysis of Diet (20)

1 - day perfect diet (5) Self-evaluation (5)

Neatness and following directions (5)

Total

/70

/70

5. **Create a 1 -day diet that meets your nutritional standards**. Hint: Search google for a daily menu that meets your caloric needs. If you don’t know at this point what your caloric needs are, go to ChooseMyPlate.gov to find out how many calories you should be eating. Then search google for sample daily diets that meet your needs. Copy and paste the menu onto a page for your report.

6**. *All* pages of your food diary should be typed.** ***Design a cover for it.*** *Staple pages in the order outlined in these directions.* Handwritten projects will not be accepted and will receive a zero.

7. Using the evaluation form on the reverse side of this paper, **self-evaluate your food diary.** Staple your

evaluation form to the front cover of your food diary.

8. Projects turned in late will be graded accordingly- one day late, the highest grade possible is a C, two days late the highest grade possible is a D, three days late the highest grade possible is an F (0 to 59% ), four days late receives no credit.

Note: You will be required to do some of this project outside of class. Two days of lab time will be given to help you with entering information and typing. If you need more time than that, you must work outside of class. Be sure to keep track of what you eat on the days I have specified, and bring all materials to

class every day so you are prepared to work when given time. Anything not finished in the lab must be finished outside of class. Plan time to go to the library to print if you don’t have a printer at home. Use your time wisely.

