

Three Day Food Record

Purpose: Analyze your own diet. How does it compare to RDAs and other dietary recommendations?

(Note: To reassure you, you won't be graded or judged on your food and beverage choices. The purpose of this exercise is to understand how your own dietary lifestyle compares to official recommendations.)

Directions:

1. Write down EVERYTHING you eat or drink for three days. Two weekdays and one weekend day should be included.
2. When you write down WHAT you eat, also write down HOW MUCH you eat (eg, 1 c Wheaties with 1/3 c skim milk, 8 fo coffee and 1 pkg Equal).
3. Remember that beverages are recorded as fluid ounces (fo); solids are measured as ounces (oz). A can of Pepsi has 12 fo, NOT 12 oz. This distinction is very important. For example, 8 oz of popcorn does not equal 1/2 c of popcorn. (Eight oz of popcorn would equal 1/2 pound of popcorn, and that's a lot).
4. Don't forget to include beverages, including alcoholic beverages.
5. Take advantage of food labels. They will help you determine exactly how much you ate by comparing what you ate to the serving size listed.
6. Do NOT include supplements when you enter your data into the program.

You will use the Nutrition Calc Plus program that came with your book. This program is very user-friendly and will guide you through the steps. If you have questions, utilize the Help function of the program. If you have foods or beverages that are not in the database, you can add them on your own. Be sure to do that to be as accurate as possible.

Enter all three days of food/beverage intake as one file, and then have the program take the average of three days.

Have Nutrition Calc Plus run analyses (eg, Spreadsheet, Ratios and Percents, Food Pyramid) so that you can answer the questions below.

Turn in to me the following:

Your three days of dietary intake (your log) which should include dates

All of the output that you get from the Diet Analysis program

A TYPED summary of how your diet met official recommendations. The summary should be based on the average of 3 days. Do not answer 'yes' or 'no' or just list information. I want to see full paragraphs (in essay format) of coherent answers including the following:

1. How did your diet compare to the recommendations of the Food Guide Pyramid?
2. Did you meet or exceed the recommended number of servings for any of the food groups?

3. What percent of energy was contributed by fat and saturated fat? Was it more than 30 and 10%, respectively?
4. How did your protein intake compare to RDA?
5. For which nutrients did you consume less than 2/3 of the RDA?
6. For which nutrients did you exceed the RDA by greater than 500%?
7. Would a supplement be of any benefit to you?
8. What foods (or food groups) should you focus on to improve your dietary intake?
9. Did you exceed sodium's recommendations (≤ 2400 mg)?
10. How did your intake of dietary fiber compare to the recommendation of 25 to 38 g per day?