

3 Day Food Record Instructions

1. Completely fill out 3 days of Meal Tracking Worksheets (see instructions which begin on page 4 of this document)
 - a. Record all food and beverages eaten in the left column
 - i. **Include what and how much you ate (you will need to measure what you ate, either by cups or a scale, by determining from the nutrient label or by making a good educated guess if no measuring tools are available)**
 - b. Sort each food in to the correct food group in the middle column
 - c. Total the ounces or cups for each food group in the right column
 - i. DO NOT use the values generated by SuperTracker – you need to calculate these on your own
 - d. Record your physical activity in the right column
 - e. Assess how you did for the day at the bottom of the page
2. Enter your food and physical activity information into SuperTracker at www.myplate.gov.
 - a. Generate a 'Food Groups & Calories Report'
 - b. Generate a 'Nutrients Report'
 - c. Generate a 'Physical Activity Report'
3. Write short answers to the questions below (keep answers to about 2 pages total) Save your answers in a Word document titled (yourname_dietanalysisquestions):
 - a. Discuss your actual intake compared to the 'Food Groups & Calories Report' recommendations. Which groups do you need to eat more of? Which groups are you meeting the recommendations? Which groups are you getting too much of?
 - b. Discuss your actual intake compared to the 'Nutrient Intake Report' recommendations. What vitamins, minerals, and other nutrients are you low in? What vitamins, minerals, and other nutrients do you consume too much of?
 - c. Discuss the quality of the foods you ate. Are you getting enough variety within each food group? Are you eating several different colors of fruits and vegetables? Are you eating whole grains? Are you eating low-fat dairy and lean meats instead of higher-fat versions? Are you including nuts, seeds, and beans in your diet? Are you limiting added sugars?
 - d. Discuss the portion sizes of the foods you ate. Did you find that you had difficulty estimating your portion sizes? Did you find that you were eating more or less than a typical serving size?
 - e. Discuss the quality and number of snacks you ate. List the snack that you ate. Are they contributing to the overall quality of the diet? Are they providing extra unnecessary calories? Are they providing unnecessary added fats (or the wrong type of fats) and sugars?
 - f. Discuss the quality and number of beverages you drank. Are you drinking enough water and milk? Are the beverages you drank contributing to the overall quality of the diet? Are they providing extra unwanted calories or added sugars? Are they providing other unnecessary substances, such as caffeine, alcohol, too much vitamins and minerals, etc?
 - g. Provide specific and realistic recommendations about how you can improve the overall quality of your diet. I encourage you to use your textbook, lecture notes, and www.myplate.gov website to gather your recommendations.

- h. Discuss the type and amount of your physical activity recorded on your 'Physical Activity Report'.
 - i. Provide specific and realistic recommendations about how you can improve your physical activity.
 - j. Discuss your food intake and physical activity compared to your 'My Daily Food Plan' recommendation. Is your food intake below or above your energy needs? Will this cause weight loss or weight gain?
 - k. Provide specific and realistic recommendations about how you can improve the balance between food and physical activity (energy balance).
4. You will turn in two Word documents in Blackboard Learn. You can print and scan to turn in as a PDF, copy and paste the requested material into a word document, or use Ctrl+Print Screen and then copy into a word document.
- a. The first saved as (yourname)_dietanalysis will include:
 - i. My Daily Food Plan worksheet for 3 days
 - ii. 3 days of 'Food Groups & Calories Reports'
 - iii. 3 days of 'Nutrients Reports'
 - iv. 3 days of 'Physical Activity Reports'
 - b. The second saved as (yourname)_dietanalysisquestions will include:
 - i. **Typed questions** and answers to the questions
5. **Use the rubric as a resource when completing this project to ensure you will get full credit.**

3 Day Food Record Computer Instructions

To complete this assignment, you will use the USDA's SuperTracker.

The purpose of the dietary analysis project is to provide students with practical experience in estimation and analysis of dietary requirements. Each student will create a nutritional profile, based on individual data such as height, weight, daily food intake, and activity level. By applying concepts learned in class, students will compare their personal profiles to the current U.S. dietary recommendations, and identify possible areas of improvement relating to diet and health.

STEP 1: Develop your profile and register

1. Go to the website <http://www.choosemyplate.gov/supertracker-tools.html>.
2. Choose 'Daily Food Plans'.

