

Nutrition Project - Tracking Your Nutritional Patterns

Purpose: To track and analyze your daily nutritional intake over one week (7 days).

Procedure:

- Download the app: “My Fitness Pal”. If you do not own a phone, you can access the software at <http://www.myfitnesspal.com/>. Sign up (make an account). Do not start free trial, that is for premium only. Simply select the FOOD tab and start adding foods. You must select **Complete This Entry** at the end of each day.
- You will be asked to input your gender, age (must be 18), weight and height, activity level, and your overall fitness goal. These variables will be used by the app to calculate your recommended daily calorie intake.
- Begin tracking your daily food intake. Use the enormous database to search foods, BUT be sure to only select verified food/meals and be sure to input the correct portion sizes. Alternatively, scan the UPC of the food package. If desired you can also use the app to track your physical activity and water consumption.
- Once you have one week of data create a table like the one below.

Day	Total Calories	Carbs (g)	Fat (g)	Protein (g)	Sugar (g)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Weekly Total					
Daily Average					
Convert grams to Calories	N/A	X4=	X9=	X4=	N/A
Calories as a Percent	N/A				N/A

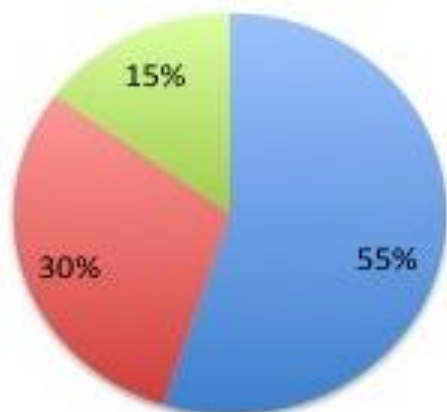
Questions

1. What is your recommended daily calorie intake as suggested by myfitnesspal?
2. Suggest what variables or factors myfitnesspal considers when calculating and suggesting a recommended daily calorie intake. Try to think of 4-5 factors.
3. In general, were your daily calories above, below or right on your daily goal?
4. Compare your daily calorie intake on weekdays to weekends. Was there a difference and if so which was higher? Suggest why.

5. Scroll back through your 7 days in myfitnesspal. In general, which meal (breakfast, lunch, dinner, snacks) was higher calorie and might be a trouble meal for you?
6. In your opinion, which meal (breakfast, lunch, dinner, snacks) was your healthiest meal of the day and what specifically made that your healthiest?
7. In your opinion, which meal (breakfast, lunch, dinner, snacks) was your least healthiest meal of the day and what specifically made that your least healthiest?
8. Thinking about the least healthy meal of your day, what adjustments/alternatives can you suggest that would make it healthier?
9. Scroll back through your 7 days in myfitnesspal. In general, which meal (breakfast, lunch, dinner, snacks) had the highest sugar intake?
10. Suggest some alternatives that might reduce the amount of sugar in that meal.
11. In your opinion, which meal is the easiest to make healthy? Explain why with a few examples.
12. In your opinion, which meal is the hardest to make healthy? Explain why with a few examples.

Create a pie chart for your macro nutrient ratio similar to the one below. To do this use the bottom row of the data table you created (Calories as a Percent).

Suggested Percentages from Carbs, Fats, Protein



Group Discussion

Form a group of 3-5. Use the knowledge you have gained in this class to discuss and assemble a super healthy meal for breakfast, lunch and supper. Once you have decided on your meals, make three columns listing the healthy food items for each meal (breakfast, lunch and supper).