

In Gul Tiryaki-Sonmez's HSD 240, "Nutrition and Health" class, students completed a three-part food diary. They recorded the food they ate over two days, calculated their actual vitamin and mineral intake and compared it to USDA recommendations, and then composed a report with suggestions for improving their diet and reflections on the project as a whole. Below is the assignment description:

Food Diary Assignment

We decide what to eat, when to eat, and whenever to eat for a variety of reasons. To analyze your diet, you should track and assess the nutritional value of the foods you eat at least for two days. You may use the forms provided and Appendix A in your textbook or you may use computerized diet analysis.

You should create your own personal profile based on height, weight, age, sex, and activity level. You can then calculate your RDA/DRI goal percentages and actual intakes of vitamins, minerals, and other nutrients based on your personal profile and diet records. Then, you should compare the choices made in two days to the USDA Food Guide recommendation for your age, gender and activity level.

In the two-day diet diary, after recording and comparing your data, you should answer the questions which are provided to you are on a separate sheet of paper.

NAME _____

FORM 4

Percentage of Calories from Protein, Fat, and Carbohydrate

From Form 3:

Protein: _____ g/day x 4 cal/g = (P) _____ cal/day.

Fat: _____ g/day x 9 cal/g = (F) _____ cal/day.

Carbohydrate: _____ g/day x 4 cal/g = (C) _____ cal/day.

Alcohol _____ = (A) _____ cal/day.

TOTAL CALORIES = (T) _____ cal/day.

Percentage of calories from protein:

$$\frac{\text{Protein calories}}{\text{Total calories}} \times 100 = \text{_____} \% \text{ of total calories}$$

Percentage of calories from fat:

$$\frac{\text{Fat calories}}{\text{Total calories}} \times 100 = \text{_____} \% \text{ of total calories}$$

Percentage of calories from carbohydrates:

$$\frac{\text{CHO calories}}{\text{Total calories}} \times 100 = \text{_____} \% \text{ of total calories}$$

Percentage of calories from alcohol, if any:

$$\frac{\text{alcohol calories}}{\text{Total calories}} \times 100 = \text{_____} \% \text{ of total calories}$$

