Dietary Assessment Report

“Diet Diary”

Assignment

• Download from the class website:
  1. Dietary Assessment Instructions Sheet
  2. Personal Nutrition Data Sheet
  3. App on your phone (Myfitnesspal)

Purpose

• Food diary/dietary assessment assignment allows you to **analyze the food you eat** and compare them to the **current nutritional recommendations**

Overview

• In this graded assignment, you will be analyzing your diet using a 3-day food diary
Deadline:

• Due date: **March 17**
• I will only receive a **final printed copy-in class**
  – No Re-grades
  – Late work is not accepted

How you will be graded:

• (5 points) Title page: name, title of assignment, section number, date
• (10 points) Overall spelling and grammar
• (30 points) Your 3-day food diary from [www.myfitnesspal.com](http://www.myfitnesspal.com)
• (25 points) Personal Nutrition Data Sheet
• (20 points) Calculation Sheet
• (60 points) Discussion/Conclusion
  – At least 2 pages

How you will be graded:

• You will be graded on **accuracy**, not how close you are to an “ideal diet.”
  – Be as honest as possible
  – Your personal info will not be shared with anyone

Personal Nutrition Data Sheet

2. Enter your age, body weight, height, gender, level of physical activity
3. Write down your BMI, daily Energy Expenditure, your Recommended minimums, your recommended macronutrient distribution.
How to keep a 3-day Food Diary

1. Download a FREE app, MyFitnesspal on your cellphone
2. Create user ID/password
3. Log in and record your food AND drink
   – Record ALL your meals for 3 days (2 weekdays and at least 1 weekend day)
   – Weekday (Mon-Thurs); Weekend (Fri-Sun)
4. Save your food/drink list by tapping on “complete food list” each day

How to keep a 3-day food diary:

4. Calculate the percentages of calories from carbohydrates, proteins, and fat.
   – Show me your work for all three days on the calculation sheet.
5. At the end of 3 days, go to www.myfitnesspal.com and log in. Your login info is the same one you used for your mobile app.
6. Print all three different logs to turn in.

Portion Size Reference

• Here is a list of portion size so you can “eyeball” them in case you do not have a bar code:
  – 3 oz of meat = deck of cards
  – 1 oz of cheese = size of your thumb
  – 1 cup = size of a baseball
  – 1 TSP = tip of thumb
  – 1 TBS = 3 thumb tips

Discussion/Conclusion

• Answer given questions in complete sentences, double spaced
  – Be sure to answer everything
  – Don’t just say you don’t have weaknesses/strengths/challenges; really think about the question and the project.
• At least 2 pages long
• Check for spelling, punctuation, and grammar