Health Project

Nutrition Analysis

Name: _____

Period: _____ **Date:** _____

Introduction

Most people don't actually keep track of their nutrition or know what the suggested amount of calories and nutrients they should consume. For this project, you will be analyzing your diet for a few days, calculating the average amount of nutrients you are taking in, then compare it to what you should be eating. Then you will answer some questions based on your data on how you can be healthier in your nutrition.

Part A = Nutrition Tracking

Document EVERYTHING you eat or drink for a 3-day span and make sure you include the specific amount you ate. You will be having to either research or use the nutrition facts on the item to do some calculations, so the more detailed you track it, the easier the rest of the assignment will be. You can track it on a separate piece of paper if you wish, or you can use the following table:

Day 01 Date =		Day 02 Date =		Day 03 Date =	
Food/Drink	**Amount**	**Food/Drink**	**Amount**	**Food/Drink**	**Amount**

The amount of nutrients for each item will need to be calculated and then added up, so make sure you document everything and how much you ate in the table above!

FDA Website for Recommended Intake of Nutrients

https://www.fda.gov/food/new-nutrition-facts-label/daily-value-new-nutrition-and-supplement-facts-labels

Part B = Food Nutrition Chart (page 1)

For each food item, abbreviate the name, document the serving size from the label, and then chart all the information for that food in the table below.

CARBOHYDRATES, FATS, PROTEIN, AND CALORIES							
	Food	**Food**	**Food**	**Food**	**Food**	**Food**	**Food**
Abbreviate Name to Fit =							
Serving Size =							
CARBOHYDRATES							
Fiber							
Sugar							
Added Sugar							
FATS							
Unsaturated							
Saturated							
Cholesterol							
PROTEIN							
CALORIES							
From Carbs (grams x4)							
From Fats (grams x9)							
From Protein (grams x4)							
VITAMINS, MINERALS, AND WATER							
	Food	**Food**	**Food**	**Food**	**Food**	**Food**	**Food**
VITAMINS – F soluble							
Vitamin A							
Vitamin D							
Vitamin E							
Vitamin K							
VITAMINS – W soluble							
Vitamin B1 (Thiamin)							
Vitamin B2 (Riboflavin)							
Vitamin B3 (Niacin)							
Vitamin B6 (Pyridoxine)							
Vitamin B12 (Cobalamin)							
Pantothenic Acid							
Folate							
Biotin							
Vitamin C (Ascorbic Acid)							
MINERALS – Key							
Sodium							
Calcium							
Potassium							
Magnesium							
Phosphorous							
Chlorine							

Part B = Food Nutrition Chart (page 2)

For each food item, abbreviate the name, document the serving size from the label, and then chart all the information for that food in the table below.

CARBOHYDRATES, FATS, PROTEIN, AND CALORIES							
	Food	**Food**	**Food**	**Food**	**Food**	**Food**	**Food**
Abbreviate Name to Fit =							
Serving Size =							
CARBOHYDRATES							
Fiber							
Sugar							
Added Sugar							
FATS							
Unsaturated							
Saturated							
Cholesterol							
PROTEIN							
CALORIES							
From Carbs (grams x4)							
From Fats (grams x9)							
From Protein (grams x4)							
VITAMINS, MINERALS, AND WATER							
	Food	**Food**	**Food**	**Food**	**Food**	**Food**	**Food**
VITAMINS – F soluble							
Vitamin A							
Vitamin D							
Vitamin E							
Vitamin K							
VITAMINS – W soluble							
Vitamin B1 (Thiamin)							
Vitamin B2 (Riboflavin)							
Vitamin B3 (Niacin)							
Vitamin B6 (Pyridoxine)							
Vitamin B12 (Cobalamin)							
Pantothenic Acid							
Folate							
Biotin							
Vitamin C (Ascorbic Acid)							
MINERALS – Key							
Sodium							
Calcium							
Potassium							
Magnesium							
Phosphorous							
Chlorine							

Part B = Food Nutrition Chart (page 3)

For each food item, abbreviate the name, document the serving size from the label, and then chart all the information for that food in the table below.

CARBOHYDRATES, FATS, PROTEIN, AND CALORIES							
	Food	**Food**	**Food**	**Food**	**Food**	**Food**	**Food**
Abbreviate Name to Fit =							
Serving Size =							
CARBOHYDRATES							
Fiber							
Sugar							
Added Sugar							
FATS							
Unsaturated							
Saturated							
Cholesterol							
PROTEIN							
CALORIES							
From Carbs (grams x4)							
From Fats (grams x9)							
From Protein (grams x4)							
VITAMINS, MINERALS, AND WATER							
	Food	**Food**	**Food**	**Food**	**Food**	**Food**	**Food**
VITAMINS – F soluble							
Vitamin A							
Vitamin D							
Vitamin E							
Vitamin K							
VITAMINS – W soluble							
Vitamin B1 (Thiamin)							
Vitamin B2 (Riboflavin)							
Vitamin B3 (Niacin)							
Vitamin B6 (Pyridoxine)							
Vitamin B12 (Cobalamin)							
Pantothenic Acid							
Folate							
Biotin							
Vitamin C (Ascorbic Acid)							
MINERALS – Key							
Sodium							
Calcium							
Potassium							
Magnesium							
Phosphorous							
Chlorine							

Part C = Average Nutrient Intake

Look up the amount of each nutrient listed below for each food/drink item from Part A and using the information you wrote down in Part B, add up the total for each nutrient for each day, calculate the total, then divide by 3 to get the average amount of each nutrient you consumed for your 3 days you tracked.

CARBOHYDRATES, FATS, PROTEIN, AND CALORIES							
	Day 01	**Day 02**	**Day 03**	**Total**	**Average**	**2k Diet**	**Personal**
CARBOHYDRATES						**300 g**	
Fiber						**30 g**	
Sugar						**220 g**	
Added Sugar						**50 g**	
FATS						**65 g**	
Unsaturated						**35 g**	
Saturated						**30 g**	
Cholesterol						**30 mg**	
PROTEIN						**55 g**	
CALORIES						**2000 Cal**	
From Carbs (grams x4)						**1200 Cal**	
From Fats (grams x9)						**585 Cal**	
From Protein (grams x4)						**200 Cal**	
VITAMINS, MINERALS, AND WATER							
	Day 01	**Day 02**	**Day 03**	**Total**	**Avg.**	**2k Diet**	**Personal**
VITAMINS – F soluble							
Vitamin A						**900 µg**	
Vitamin D						**10 µg**	
Vitamin E						**15 mg**	
Vitamin K						**80 µg**	
VITAMINS – W soluble							
Vitamin B1 (Thiamin)						**1.2 mg**	
Vitamin B2 (Riboflavin)						**1.3 mg**	
Vitamin B3 (Niacin)						**16 µg**	
Vitamin B6 (Pyridoxine)						**1.7 mg**	
Vitamin B12 (Cobalamin)						**2.4 µg**	
Pantothenic Acid						**5 mg**	
Folate						**400 µg**	
Biotin						**30 µg**	
Vitamin C (Ascorbic Acid)						**60 mg**	
MINERALS – Key							
Sodium						**2300 mg**	
Calcium						**1300 mg**	
Potassium						**3500 mg**	
Magnesium						**400 mg**	
Phosphorous						**1000 mg**	
Chlorine						**2300 mg**	
WATER (oz)						**M = 112 F = 80**	

Part D = Personal Nutrition Needs

Your Basal Metabolic Rate (BMR) is the calculation of the amount of Calories required to maintain your body weight. The calculation of your BMR depends on your weight and your sex. Follow the directions below to fill in the table below to determine your BMR and your factor for nutrients.

- Put your weight in pounds in the first column
- Put a 12 in the 3rd column if you are a male ad put an 11 in the 3rd column if you are female
- Multiply your weight and the number from the 1st and 3rd columns and put your answer in the BMR column
- Take your BMR and divide by 2000 to determine your nutrient factor

Your Weight	**x**	**M = 12 F = 11**	**=**	**BMR**	**÷**	**2000**	**=**	**Nutrient Factor (2 decimals)**
	x		=		÷	2000	=	

- Now that you have calculated your BMR and your Nutrient Factor. Take your nutrient factor and multiply each of the requirements from Part B, and fill in that number and unit into the last column called "Personal"
    - This is the amount YOU are supposed to eat to maintain your body weight and keep the proper balance of nutrients for each one in the table.

Part E = Personal Nutrition Analysis

Now you have all the information you need to analyze your own eating habits for the days you tracked. You have the amount of each nutrient you consumed in the "Average" column and the amount you are supposed to consume in the "Personal" column in the table for Part B. Using these numbers, describe how well you have done on consuming your nutrients to maintain your weight and whether you are getting enough nutrients to stay healthy while doing so. If you are interested in gaining or losing weight, explain how you can increase/decrease your weight in a HEALTHY way, and if you are not interested in gaining or losing weight, explain how you could become more HEALTHY while maintaining your current weight. BE VERY SPECIFIC!!!

RUBRIC FOR GRADE ON PROJECT

Category	Description	Points	Your Score
Part A	Food tracking each day is done completely and appears to be done accurately and well	15 pts.	
Part B	Nutrient counting is done completely and appears to be done accurately and well	15 pts.	
Part C	Nutrient lookup for foods is done completely and appears to be done accurately and well	25 pts.	
Part D	Table is calculated correctly and used to get accurate personal values in the table	15 pts.	
Part E (1)	Analysis of your nutrients compared to recommended amount based on BMR is done completely, well, and correctly	15 pts.	
Part E (2)	Gaining/Losing/Maintaining weight and doing it HEALTY is done completely, well, and correctly using accurate information	15 pts.	
		TOTAL SCORE	