<b>Health</b>	Pro	ect
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<b>Nutrition Anal</b>	:-	

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 = Food/Drink		Day 02 Date = Food/Drink		Day 03 Date = Food/Drink	Day 03 Date =		
Food/Drink	Amount	Food/Drink	Amount	Food/Drink	Amount		
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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!

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.

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)										
	VI	TAMINS, MI	NERALS, AN	ID 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										
L	1	l	1		1	I	1			

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, FROTEIN, AND CAURES   Food	for that food in the table below										
Abbreviate Name to Fite											
Serving Size =         CARBOHYDRATES         Image: Common state of the common state		Food	Food	Food	Food	Food	Food	Food			
CARBOHYDRATES         Image: Company of the property of the pr	Abbreviate Name to Fit =										
Fiber   Sugar   Suga	Serving Size =										
Sugar         Image: Control of the control of th	CARBOHYDRATES										
FATS         Image: color of the color	Fiber										
FATS         Image: color of the color	Sugar										
Unsaturated	Added Sugar										
Saturated   Satu	FATS										
Cholesterol PROTEIN         CALORIES         CALORIES </td <td>Unsaturated</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Unsaturated										
PROTEIN         Image: Calor of the proof of the pr	Saturated										
CALORIES         Image: Company 1 of the company 2 of the company 3 of the c	Cholesterol										
From Carbs (grams x4)         Image: contract of the contract	PROTEIN										
From Fats (grams x9)         Image: Control of the control of th	CALORIES										
From Protein (grams x4)	From Carbs (grams x4)										
VITAMINS	From Fats (grams x9)										
VITAMINS - F soluble         Food         Food<	From Protein (grams x4)										
VITAMINS - F soluble         Image: Control of the control of th		VI	ΓAMINS, MI	NERALS, AN	D WATER						
Vitamin A		Food	Food	Food	Food	Food	Food	Food			
Vitamin D	VITAMINS - F soluble										
Vitamin E	Vitamin A										
Vitamin K         Image: Contraction of the procession of the processi	Vitamin D										
VITAMINS - W soluble         Soluble           Vitamin B1 (Thiamin)         Sodium           Vitamin B2 (Riboflavin)         Sodium           Vitamin B3 (Niacin)         Sodium           Vitamin B12 (Cobalamin)         Sodium           Pantothenic Acid         Sodium           Vitamin C (Ascorbic Acid)         Sodium           MINERALS - Key         Sodium           Calcium         Sodium           Potassium         Magnesium           Phosphorous         Sodium	Vitamin E										
Vitamin B1 (Thiamin) Image: Common of the procession of the proc	Vitamin K										
Vitamin B2 (Riboflavin)	VITAMINS - W soluble										
Vitamin B3 (Niacin)         (a)         (b)         (c)	Vitamin B1 (Thiamin)										
Vitamin B6 (Pyridoxine)	Vitamin B2 (Riboflavin)										
Vitamin B12 (Cobalamin)	Vitamin B3 (Niacin)										
Pantothenic Acid Folate Biotin Vitamin C (Ascorbic Acid) MINERALS - Key Sodium Calcium Potassium Magnesium Phosphorous	Vitamin B6 (Pyridoxine)										
Folate         Biotin         Biotin<	Vitamin B12 (Cobalamin)										
Biotin         Image: Control of the control of t	Pantothenic Acid										
Vitamin C (Ascorbic Acid)         Image: Control of the control	Folate										
MINERALS - Key         Sodium         Sodium <th< td=""><td>Biotin</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>	Biotin										
MINERALS - Key         Sodium         Sodium <th< td=""><td>Vitamin C (Ascorbic Acid)</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>	Vitamin C (Ascorbic Acid)										
Calcium	MINERALS - Key										
Potassium	Sodium										
Magnesium Phosphorous Phosphorous	Calcium										
Phosphorous	Potassium										
	Magnesium										
Chloring	Phosphorous										
Chiorine	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.

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)										
	VI	ΓAMINS, MI	NERALS, AN	ID 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										
L	i	1	1			1	1			

## 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.

	CARBOHYI	DRATES, FA	TS, PROTEI	N, AND CAL	ORIES		
	Day 01	Day 02	Day 03	Total	Average	2k Diet	Personal
CARBOHYDRATES	·	·	·		J	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	
	VIT	TAMINS, MII	NERALS, AN	D 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 3<sup>rd</sup> column if you are a male ad put an 11 in the 3<sup>rd</sup> 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)
	х		=		÷	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	