3 DIET ANALYSIS
A closer look at your eating habits

For this project, you will submit:

- **Your 3 days' worth of foods and beverages, with motivation codes and physical/mental/emotional states, IN MENU FORMAT**
- **Your Nutrient Intake Report from SuperTracker**
- **Your typed essay, answering all questions assigned**

    Preparation for the 3-Day Diet Analysis Project

- **STEP #1: Food Log**
Record everything that you eat and drink for 3 days. (See Instructions for Completing Food Log handout). The most accurate picture of your eating habits is achieved when the three days include two weekdays and one weekend day. Try to pick a time when you think your intake will be representative of your normal eating habits (e.g., no major celebrations, vacations, or unusual events planned). Do not consciously alter your normal eating pattern.

    Record the **amount** of each food eaten. Also record the quantity of **all beverages including water** that you consumed. DO NOT include vitamin or mineral supplements in your analysis.

    Describe each food as completely as possible including the brand name of commercial products and the ingredients of homemade items. For example, if you ate a Big Mac record 1 Big Mac, but if you ate a homemade stir-fry record the amount of each ingredient in the portion you ate.

    <u>FOR THIS ASSIGNMENT, PLEASE RECORD YOUR PHYSICAL AND MENTAL/EMOTIONAL STATES BEFORE AND AFTER EACH MEAL/SNACK.</u> **This information will factor into your analysis in the essay portion.**

- **STEP #2: Menu Format**
Write out the day's food and beverages in menu form: breakfast, snack, lunch, etc. (See below for a sample menu with the expected format). Include all the food and beverages, even if that means listing few meals and lots of snacks. (Please type this information out as you will be handing it in.) **Label each**

item on your menu with the code or codes that indicate why you chose to eat that food or drink that beverage. Also, be sure to include the physical and mental/emotional states you recorded in your food log. Include this menu in your project submission.

Code	Motivation
A	Personal Preference (I like it.)
B	Habit or tradition (It's familiar; I always eat it.)
C	Social pressure (It was offered; I couldn't refuse.)
D	Availability (I was hungry and it was nearby.)
E	Convenience (I was too rushed to prepare anything else.)
F	Economy (It was a food I could afford.)
G	Health value (I think it is healthy for me to eat.)
H	Advertising.
I	Other (explain).

- **STEP #3: SuperTracker**

We will again use USDA's SuperTracker (https://www.supertracker.usda.gov). This website will calculate your estimated nutrient needs and compare them with the totals from your 3-day intake. You will use this information to analyze your intake. **Below is a review of the instructions on creating a profile, just in case you need to do so again (if you lost your log-in information, for example), as well as instructions on generating the Nutrient Intake Report. If you still have your log-in info, just log in to your existing profile—there is no need to create a new one.**

1. Create a profile on the website. This only takes a couple of minutes, and you will answer questions that the website uses to calculate an estimate of your energy and nutrient needs.

2. Log into your profile.

3. Once logged in, click on the Food Tracker link. Once in Food Tracker, you can search for foods and beverages and add them to your day. Be sure to adjust for the correct quantity of each food before adding.

3. Once you've added all your food and beverages, click on the link titled Nutrient Intake Report. This link is in very small, blue type underneath bar graph on the right.

4. In the upper right corner of the screen, there is the option to export the report to a

variety of formats. <u>Export the report to Word</u>. Save the file and submit it with your project.

5. Once you create a profile in SuperTracker, the website will save your data, and you can access your input by the date you entered it. Just log back in and click on Food Tracker, where you can use the calendar tool access a particular day's data.

- **STEP #4: Essay**

Please be sure to use single spacing and 12 point Times New Roman. Also, please remember to include your intake for the day in menu format, as well as the Nutrient Report from SuperTracker. You do not need a cover page.

To answer the questions thoroughly, you should need about 2 pages (though you're welcome to write more). Be sure to complete the assignment in continuous essay format. Do not write the question and then the answer…and use full paragraphs! A well-written paragraph contains an introduction, supporting sentences that elaborate on the topic at hand, and a strong conclusion. The 2 pages <u>do not include</u> your menu and SuperTracker chart.

1. List any vitamins and minerals that averaged less than 100% of the recommended amount.

2. For each vitamin or mineral that averaged less then 100% of the recommendation, suggest one food that would increase the amount of that nutrient in your diet.
    a. Why did you pick the food? Is realistic to YOUR diet?
    b. Suggest a way you would incorporate the food directly into your diet.

3. How many grams of fiber did you consume per day?
    a. What is the recommended intake per day?
    b. If you ate less than the recommended daily intake, how could you **realistically** increase your fiber?
    c. What foods in your 3-day intake are highest in fiber? (Next to each nutrient listed in the Nutrient Intake Report, there is a plus sign (+). You can click on the "+" to see a list of foods providing that particular nutrient, and these foods are listed in order from greatest to lowest contribution.)

4. Take a look at your essential fatty acid intakes: linoleic acid, alpha-linolenic acid, omega-3 EPA, and omega-3 DHA.
    a. How did your intakes of linoleic and alpha-linolenic acids compare to your recommendations?
    b. Current recommended intake for the sum of EPA+DHA is around 500-1000 milligrams per day for healthy adults (but not more than 3000 mg/d, due to increased risk of bleeding). What was your sum of EPA+DHA?

  c. What foods were the major contributors of these nutrients during your 3-day intake? If your intakes were low, what foods could you include to boost the numbers?

5. What have you learned about your eating habits?
  a. Note the physical and mental/emotional states before and after meals/snacks.
  b. Offer observations: did you notice any patterns with respect to the above states and your food choices/eating habits? Did you notice any influence that your food choices/eating habits had on your physical/mental/emotional states? Please describe.

6. As a conclusion, summarize what you have learned from this exercise. Include here any thoughts on modifications you might make to your eating habits or behaviors. Be sure to **list at least one specific change you would make** (for example: I would incorporate a baked sweet potato with dinner to increase my vitamin A intake).

Sample Menu

After you record your intake for the day, organize it as follows in menu format. In parentheses following each item is the motivation code for that item, as described above. In brackets are the physical and mental/emotional states that you may have logged for extra credit. Please note that, where possible, foods are grouped according to the dishes to which they belong (e.g., Tacos: 4 corn tortillas, 6 ounces beef, ½ cup tomato salsa, ¼ cup cilantro).

Monday, 11/28/11

Breakfast (7:00am):
[Before: hungry, tired]
8 fluid ounces water (B, G)
1 slice sprouted grain bread (G)
1 tablespoon unsalted almond butter (A, G)
1 apple (A, G, D)
16 fluid ounces green tea (A, G, B, I: caffeine to help wake me up)
[After: satiated, energized]

Morning Snack (10:15am):
[Before: stressed, hungry, empty stomach]
1 hard-boiled egg (D, G, F)
¼ teaspoon salt (A)
1 pear (D, G)
12 fluid ounces water (B, G)
[After: partially satiated, focused]

Lunch (12:30pm):
[Before: energized, happy, hungry]
12 fluid ounces water (G)
Salad:
2 cups mixed baby lettuces (A, G)
1/3 cup marinated artichoke hearts (A, G)
¼ cup sliced black olives (A)
¼ cup grated carrot (A, G)
½ cup raw broccoli (G)
1 tablespoon balsamic vinegar (A, B)
2 tablespoons extra-virgin olive oil (A, G)
¼ teaspoon salt (A)
6 ounces grilled chicken breast (B, D)
Soup:
1 cup butternut squash (A, G)
¼ cup chopped onions (A)
¼ teaspoon salt (A)
2 teaspoons extra-virgin olive oil (A, G)

½ cup chicken broth (A)
[After: happy, satiated, tired]

Afternoon Snack (2:45pm):
[Before: tired]
2 ounces dark chocolate (A, I: helps perk me up when I'm tired)
1/4 cup raw walnuts (G)
1 tangerine (A, D, G)
16 fluid ounces green tea (B, G, I: caffeine)
[After: more alert, but still tired]

Between snack and dinner:
16 fluid ounces water (G)
8 fluid ounces English breakfast tea (I: caffeine)

Dinner (8:30pm):
[Before: very hungry, stressed]
5 fluid ounces red wine (A, I: helps me relax)
12 fluid ounces water (B, G)
Tacos (from taco truck): (E)
4 corn tortillas (A, G)
6 ounces beef (flank steak) (A)
½ cup tomato salsa (A)
¼ cup cilantro (A, G)
Rice:
2 teaspoons extra-virgin olive oil (A, G)
1 cup cooked brown rice (A, G)
1 teaspoon tomato paste (A)
1 clove garlic (A, G)
1/8 teaspoon salt (A)
Slaw:
1½ cups sliced red cabbage (A, D, G)
½ cup grated carrot (A, G)
½ cup grated beet (A, G)
1 tablespoon extra-virgin olive oil (A, G)
2 tablespoons lime juice (A)
1/8 teaspoon salt (A)
Dessert:
1 cup Coconut Bliss ice cream (Hazelnut Fudge) (A)
[After: relaxed, full, sleepy]