Dinner Self-Study and Diet Self-Study Assignment

Purpose:
The purpose of these assignments is:
1) To evaluate first a meal then an average of three days of eating compared to dietary standards.
2) To identify ways to improve diet quality for more energy and better health.

Directions: This assignment is done twice during the semester, once using just a dinner meal (think of this as a warm-up for the big game) and the second will be the average of three days of eating and drinking.

1. Dinner: Track the foods you eat and beverages you drink at dinner one night. Use the log on page 3-5 of this document to record what you eat and drink. Using your meal recorded on paper, you will enter what you ate and drank into a computer analysis program. See part 3a below. Then you will answer questions about your eating and drinking. Turn your food log in with the completed assignment.
2. 3-day diet: Track the foods you eat and beverages you drink for three days. Your days should include two weekdays and one weekend day. Use pages 3-5 of this packet to track your days. You will use this log to complete parts 3 and 4. Turn your food log in with the completed assignment.
3. Next, use www.choosemyplate.gov database to analyze first your dinner then you will do the same for your three-day food log. When your food and beverages have been entered, you will be able to download your reports as PDF documents. Use these reports to complete part 3b and hand these reports in with your completed assignment.
4. Lastly, evaluate your diet quality and adequacy by answering a series of questions about your eating and drinking and the nutrients your diet provided.

You will not be graded on the basis of what you eat. Please do not change what you normally eat for the purpose of this assignment. You will, however, be graded on how well you do the assignment, so follow the directions carefully and you will not only do well on the assignment, but will have meaningful insight into how your food and beverage choices impact you.

PART 1& 2: RECORDING YOUR Dinner and 3-DAY consumption

Using the daily food record chart below, record your food and beverage intake for a dinner. Later in the semester you will record 3 days: two weekdays (Mon – Fri) and one weekend day (Sat/Sun). The 3 food-record days do not have to be consecutive but should be days you carry out your normal dietary routine (so for example, do not record food consumption on a day you go to a special event/party or on a day you are sick). Include everything you eat and drink.
Do NOT record vitamin, mineral, or protein supplements in your food record. The purpose of the assignment is to see what nutrients you are getting from **actual food**, not

engineered food-like substances.

Helpful hints for recording foods:
1. Be sure to write down foods as you eat them, so that you can record the amounts accurately. Print and carry the logs (pages 3-5) with you on the days you are tracking your diet.
2. Foods from popular restaurants (e.g. Subway sandwich) and common mixed dishes (e.g. chili, mac & cheese) are likely in the database, but if you eat a more unique or homemade dish, you will need to, in your mind, separate the component parts of the combination food.
   For example: sandwich =   2 slices whole wheat bread (Sara Lee)
                                       4 slices roast beef (Hormel)
                                       1 slice Kraft singles cheddar cheese
                                       1 Tbs mayo

   If you ate only half of the recipe, be sure to list only half of the amount of the ingredients in your record.
3. **Be descriptive**. Write down specific information regarding how the food was cooked (fried, baked, broiled, steamed). Write down whether the food was freshly prepared, frozen, canned or otherwise processed. Canned foods should include the type of liquid in which the food was packed (heavy syrup, packed in oil, packed in water). Note brand names, if applicable.
4. Don't forget beverages, such as, water, alcoholic beverages, juice, milk and coffee.
5. Estimate amount eaten to the best of your ability. Use common household measures such as teaspoons (tsp), cups (C), tablespoon (Tbs) and ounces (oz.). For cheeses and meats, you should use ounces, but ounces can also be fluid ounces, such as 8 oz = 1 C. Unit choices will be given in the nutrient database program. Please record and enter portions in the drop down menu.
6. Print extra log pages if you need more space to record all of your food and beverages.

EXAMPLE: Day 1 – Date: <u>Sunday, March 2</u>

Food eaten (group by meals: **B**reakfast, **L**unch, **D**inner, or **S**nack)	Amount eaten (examples: 2 oz, ¼ cup, ½ slice, 1 Tbs)	Brand name, if applicable	Reason for eating/drinking
B: Fried eggs in butter	2 large eggs, ½ tsp	--	hungry
B: Toasted English muffin with butter	1 muffin + 1 Tbs butter	Thomas	hungry
B: Coffee: latte w/whole milk	12 oz or 1 ½ cups	Starbucks	Need caffeine
S: Peanut M & M's	1 package (49 g)	M & M's	Craving something sweet

Day 1 – Date: _____

Food eaten (group by meals: **B**reakfast, **L**unch, **D**inner, or **S**nack)	Amount eaten (examples: 2 oz, ¼ cup, ½ slice, 1 Tbs)	Brand name, if applicable	Reason for eating/drinking

Day 2 – Date: _____

Food eaten (group by meals: **B**reakfast, **L**unch, **D**inner, or **S**nack)	Amount eaten (examples: 2 oz, ¼ cup, ½ slice, 1 Tbs)	Brand name, if applicable	Reason for eating/drinking

Day 3 – Date: _____

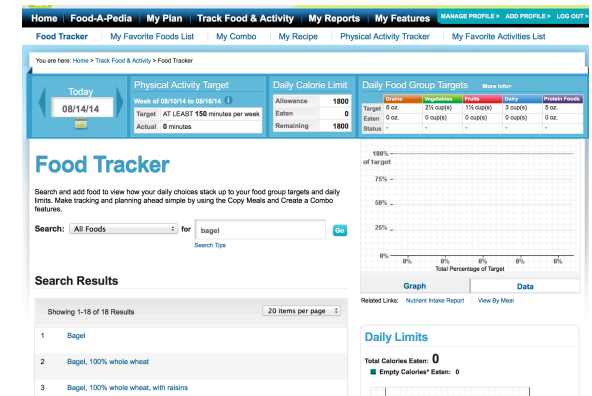| Food eaten (group by meals: **B**reakfast, **L**unch, **D**inner, or **S**nack)	Amount eaten (examples: 2 oz, ¼ cup, ½ slice, 1 Tbs)	Brand name, if applicable	Reason for eating/drinking

PART 2: ANALYZING YOUR FOOD AND BEVERAGE USING "ChooseMyPlate.gov"

You will need a computer with an Internet connection to access the online database.

1. Go to www.choosemyplate.gov and click on SuperTracker from SuperTracker & Other Tools in the green toolbar.
2. Click on the SuperTracker, which will take you to a screen where you can "Create your Profile."

3. To get started, create a profile. When entering your physical activity, consider how your exercise averages out over 7 days. Even if you exercise for 60 min 3 x/wk, select "less than 30 min/d of moderate activity." Some of you will be active enough to select "30-60 min/d of moderate activity," but consider, not how long you are at the gym but how long your heart rate is elevated. You may be at the gym for 75 min 5 d/wk but heart rate may only be elevated for 45 minutes each day. See instructor if you have questions about how to accurately quantify level of activity. Overestimating this aspect can have repercussions.
4. Once your profile has been created, use "Food Tracker" to start entering your day of eating and drinking. Begin by entering the type of food consumed and click "Go." This will take you to a page where you can set the date, select the type of food, enter which meal it was eaten at and specify portion eaten. Sometimes an exact food match is not available. Select the closest match and adjust portion size.
5. Continue until you have entered all food and beverages for dinner, or for that day of the 3-day diet analysis. After you have entered the foods and beverages, proof read for the correct items and correct amounts.   Continue until all three days are entered with their respective dates.
6. Lastly, create, download and print two reports. Click on "My Reports" in the blue toolbar. Create reports of "Food Groups & Calories" and "Nutrient Reports. Here you can select just one day or an average of three by adjusting the dates. For the analysis of dinner, select just that day. For the 3-day analysis, select the range of dates that includes the days you entered. "Export" the reports as PDFs, print and include these with your submission.

7. If your Report shows more than 200% - 500% of the DRI, RDA or AI for nutrients, double check the serving size of the foods you added. For example, you may have meant to add 4 slices of bread to your Intake list, but instead added 4 pounds of bread. This type of error will render your Report meaningless. You can also check for this type of error by looking at the kcalorie totals for each of the three days. Calorie totals will likely be between 1,000 to 3,000 kcal/day. Points will be deducted on a project with these types of errors.

PART 3a: EVALUATING YOUR DINNER

You will need to refer to your reports to answer the following questions. Print pages 7 and 8 of this document and write your answers on this document. Your final submission should be stabled and in the following order:

Page 1: rubric, page 8 of this document
Page 2: page 7 of this document
Page 3-4: Reports: Food Groups & Calories and Nutrient Report
Page 5: hand-written dinner food and beverage log

Energy Balance:

Use the Nutrient Report to determine the difference between your total calories Target and Average Eaten.

Calories Target for 33.3% of your day	**Calories Average Eaten** for dinner	**Change:** Target minus Average Eaten (pos. or neg. number)

Macronutrient Distribution, Alcohol and Empty Calories:

From your Nutrients and Food Groups & Calories Reports, complete the macronutrient information. While alcohol and empty calories are not macronutrients, they do provide kcals. Complete the Alcohol and Empty Calorie information.

Macronutrients	Alcohol & Empty Calories
Protein: _____ g total	**Alcohol:** _____ kcals total
Carbohydrate: _____ g total _____ g fiber _____ g added sugar	**"Empty Calories":** _____ kcals
Total Fat: _____ g total (must calculate) _____ g sat fat _____ g α-Linolenic Acid	

Concluding thoughts:

- On the back of this page (you may print or type), describe your experiences tracking your food and beverage intake.
- Were there any surprises?
- How did your actual portion sizes compare to what you "thought" you were eating before doing this project?
- Did you find that you changed how you ate when you had to write it down?

Name _____

GRADING SHEET FOR DINNER DIET SELF-STUDY
ATTACH THIS SHEET TO THE FRONT OF YOUR PAPER

CATEGORY			
Followed directions & format	Major flaws in following directions, format.	Followed some, but not all directions; and/or some formatting errors.	Excellent format and following directions.
	0 1	**2 3 4**	**5**

	Poor; shows lack of understanding	**Shows moderate level understanding**	**Shows high to very high level understanding**
Completed food log	**0**	**1**	**2**
Completed diet analysis	**0 1**	**2**	**3**
Interpretation of diet analysis	**0 1**	**2 3 4**	**5**

- -5% if late (for each business day or partial day late)   Deductions   _____

Your Total _____

PART 3b: EVALUATING YOUR 3-DAY DIET FOR QUALITY AND ADEQUACY
You will need to refer to your reports to answer the following questions. Print pages 10-15 and write your answers on this document. Your final submission should be stabled and in the following order:
Page 1: rubric, page 14 of this document
Page 2-7: pages 9-13 of this document
Page 8-9: Reports: Food Groups & Calories and Nutrient Report
Page 10-12: 3-day hand-written food and beverage log

Did you meet the MyPlate Food Group recommendations?
The amount recommended for each food group is related to your energy need. Fill in the table below from the Food Groups & Calories Report:

Food Group	Target	Average Eaten	Change: Target minus Average Eaten (pos. or neg. number)
Grains			
Whole grains			
Refined grains			
Vegetables			
Dark green			
Red & orange			
Beans & peas			
Starchy			
Fruits			
Whole fruit	No specific target		
Fruit juice	No specific target		
Dairy			
Milk & yogurt	No specific target		
Cheese	No specific target		
Protein Foods			
Seafood			
Meat, poultry & eggs	No specific target		
Nuts, seeds & soy	No specific target		
Oils			

Energy Balance:

Use the Nutrient Report to determine the difference between your total calories Target and Average Eaten.

Calories Target	Calories Average Eaten	Change: Target minus Average Eaten (pos. or neg. number)

If there is a large energy discrepancy (> 400 kcals), check your printout for errors in portion size and fix. Then, circle the letter(s) below that best explains your large energy discrepancy:

     a. The amount of food that I eat varies a lot from day to day

     b. I am trying to change my weight by eating more / fewer kcals than I need
        (circle one)

     c. I may not have accurately reported my food intake for this day

     d. I may not have accurately reported my activity level for this day

Provide any additional explanation in the space beneath this paragraph. If there is a major discrepancy AND you are confident that this is the way you usually or always eat, such as "I always eat this way," "I cannot afford to eat more," or "I never eat breakfast" AND you are neither gaining nor losing weight, then there is likely an error somewhere. It will either be in your food entry or your designated level of activity.

Vitamins and Minerals Consumption:

Refer to your Nutrients Report, and list in the left column below, any vitamin or mineral you obtained an "Under" or "Over" status. Calculate % = (Average Eaten / Target) x 100. If "Under" by < 90%, list 1-3 foods you are willing to eat that would most increase that vitamin or mineral in your diet.

Vitamins or Minerals "Under" or "Over" RDA or AI	%	1-3 foods I am willing to add that would most increase the vitamin or mineral

Fluids:

Examine your hand-written food log. Add up all the ounces of fluids consumed throughout your three days. Soup counts as fluid. Determine average fluids consumed per day. Each ounce of fluid is ~ 30 ml. It is proposed that you need 1 ml per kcal per day.

I consumed _____ oz of fluids, on average, per day.

I consumed ~ _____ ml of fluids, on average, per day.

I need _____ kcals daily.

Macronutrient Distribution, Alcohol and Empty Calories:

From your Nutrients and Food Groups & Calories Reports, complete the column on the left. If you exceeded or were below recommended amounts, in the column on the right, list 1-3 foods

you would add or take away that would most improve that macronutrient. While alcohol and empty calories are not macronutrients, they do provide kcals. Determine if alcohol and empty calories consumption exceeded maximal recommended amounts. If so, make recommendations for reasonable changes in the column on the right.

Macronutrients	1-3 foods I am willing to change that would most improve my eating and drinking
Protein: _____ g total _____ g/kg body weight AMDR = 10-35% _____ % kcals circle one: under / OK / over	
Carbohydrate: _____ g total _____ g/kg body weight AMDR = 45-65% _____ % kcals circle one: under / OK / over _____ g fiber circle one: under / OK / over _____ g added sugar	
Total Fat: _____ g total (must calculate) _____ g/kg body weight AMDR = 20-35% _____ % kcals circle one: under / OK / over _____ g sat fat circle one: under / OK / over _____ g α-Linolenic Acid circle one: under / OK / over	
Alcohol: _____ kcals total	
"Empty Calories": _____ kcals circle one: under / OK / over	

Overall Diet Adequacy:

In the space below, describe your overall diet adequacy.   Consider the following:

- Are you eating healthfully and adequately meeting all of your nutrient needs?
- How do you feel?
- Do you find you have enough energy to get through most days?

Name _____

GRADING SHEET FOR 3-DAY DIET SELF-STUDY
ATTACH THIS SHEET TO THE FRONT OF YOUR PAPER

CATEGORY			
Followed directions & format	Major flaws in following directions, format.	Followed some, but not all directions; and/or some formatting errors.	Excellent format & following directions.
	0 1	**2 3 4**	**5**

	Poor; shows lack of understanding	**Shows moderate level understanding**	**Shows high to very high level understanding**
Completed food log	**0 1**	**2 3**	**4**
Completed diet analysis	**0 1**	**2 3**	**4**
Interpretation of food groups	**0 1**	**2 3 4**	**5**
Interpretation of energy balance	**0 1**	**2 3 4**	**5**
Interpretation of micronutrients	**0 1 2 3 4**	**5 6 7**	**8 9 10**
Interpretation of fluids	**0 1**	**2 3**	**4**
Interpretation of macronutrients	**0 1 2 3 4**	**5 6 7**	**8 9 10**
Impressions of diet adequacy and concluding thoughts	**0 1**	**2**	**3**

- -5% if late (for each business day or partial day late)   Deductions   _____

Your Total   _____