

Dietary Analysis Project: Assessment

Name: Mary Wood

Please answer all questions. Partially completed projects will not be accepted.

Using the nutrient intake printout:

1. List your weekday and weekend intake of kcal.

Weekday kcal	Weekend kcal
<i>1355calories or 1.355kcal</i>	<i>1851calories or 1.851kcal</i>

- a. Why do you think kcal intake differed or did not differ? Be specific.

-I think the kcal intake differed because, during the week I am always on the go so I don't have a lot of time to calculate my food intake. But on the weekend I have more time to prepare better meals and I also have more time to eat regularly.

- b. Look at your kcal recommendations and consider your usual physical activity levels. If this intake is maintained for the entire semester, do you think you would gain weight, lose weight, or stay the same weight? Why?

-I think if I don't figure out a better way to eat more regularly during the week, then I am sure to lose weight. I'm already at a 19 BMI so that wouldn't be good for me. Going under weight will possibly lead me to be prone to illnesses.

- c. Discuss how the types and quantity of food varied based on who you ate with, your mood, or other such factors.

-During the week I usually pick a quick meal, but I try to always stay in the healthy options. However, I need to up my quantity for the foods I pick, I think that would help a lot. During the week I am usually at school running from class to class or studying in between classes or running errands, doing house work, doing homework, I am constantly on the go. Every day around 4.45 it's time to go pick up my son and then we go home, make dinner and then we rush around getting ready for bed, cleaning up, doing homework and all the every day things that have to get done everyday. It's hectic.

On the weekend I have more time, my days aren't as rushed, so I can take my time and enjoy my meals and pay more attention to them. I'm with my husband and son all weekend and my boys like to eat good, so I always try to make hearty, healthy, tasty and filling meals. Cooking and baking are a hobby for me, I love doing it. So I would say I'm in a better mood on the weekends or maybe I should say in a more relaxed mood.

2. For the both days, what percent of your calories came from protein? From fat? From carbohydrate? How does this compare to the **AMDR recommendations**?

cauliflower, spinach and fruits consisting of apples, bananas, kiwis, nectarines, oranges, pears and beans!

4. List your total fat and saturated fat intake for both days. How does your intake for both days compare to the recommendations?

-For the weekday I didnt reach recommendations, I was a little under and for the weekend I was on the high end of my recommended intake. So I need to even these two days out, which should be simple to do.

Weekday	
	Recommended Intake (grams)
Total fat:32g	41-72g
Saturated fat:14g	27g

Weekend	
Fat intake (grams)	Recommended Intake (grams)
Total fat:69g	41-72g
Saturated fat:20g	27g

- a. What advice would you give someone with your fat intake? (Discuss total and saturated fat amounts, sources, etc. Think about how someone could do what you're telling them to do.)

-The advice I would give someone that has the same fat intake as mine would be, that they are doing a pretty good job at controlling their fat intake, but they need to make sure they meet their daily recommendations every day. I would tell them that our bodies need a certain percent/grams of total and saturated fat each day because we use fats as energy and other vital things in our bodies and if we dont take in enough fat or carbohydrates each day our bodies will use things like, our protein intake to make up for it and we dont necessarily want that to happen because our protein should be left as a minor source of energy not a primary one. It is so easy to consume fat, its basically in everything. So its not hard trying to find good sources of fat. Great sources of fat consist of thing like, Olive oil, canola oil, peanut oil, avocados, eggs, milk products, meat, poultry shellfish, vegetable oils, nuts and seeds, walnuts, and flaxseeds.

5. For both days, analyze your intake of the following vitamins compared to the recommendations: vitamin A, vitamin C, folate.

Vitamin A	Recommended Intake (mcg RAE)
Weekday:0.002087 mcg RAE	.000700mcg RAE
Weekend:0.001523mcg RAE	

- a. If your intake can improve, how? List methods you would use to improve your intake. (Include specific foods or beverages, or specific cooking and preparation methods, which are realistic for your lifestyle.)

-My intake is okay when it comes to consuming vitamin A. Its actually a little high.

- b. If you met recommendations, what contributed to your success? (Discuss specific foods or beverages, general food choices, or cooking and preparation methods.)

-Thing that contributed to my success on meeting my recommended intake of vitamin A on these two days are foods like, broccoli, carrots, Chicken breasts, yogurt and milk.

Vitamin C	Recommended Intake (mg)
Weekday:223mg	75mg
Weekend:106mg	

- a. If your intake can improve, how? List methods you would use to improve your intake. (Include specific foods or beverages, or specific cooking and preparation methods, which are realistic for your lifestyle.)

- I have reached above the recommendations.

- b. If you met recommendations, what contributed to your success? (Discuss specific foods or beverages, general food choices, or cooking and preparation methods.)

- I met the recommendations by eating foods like broccoli, chicken breast, eggs, fruit smoothie, tomatoes, milk, yogurts and carrots.

Folate	Recommended Intake (mcg DFE)
Weekday:0.000637mcg DFE	0.000399mcg DFE
Weekend:0.000285mcg DFE	

- a. If your intake can improve, how? List methods you would use to improve your intake. (Include specific foods or beverages, or specific cooking and preparation methods, which are realistic for your lifestyle.)

-Well, on the weekday I ate more than the recommendations and on the weekend I ate less. So really I think im doing a pretty good job at meeting the requirements but I could always eat more asparagus, lentils and drink more orange juice. All things that I love, so it shouldn't be a problem.

- b. If you met recommendations, what contributed to your success? (Discuss specific foods or beverages, general food choices, or cooking and preparation methods.)

- the things that helped my success on the weekday were foods like, yogurt, broccoli and carrots

- 6. For both days, analyze your intake of the following minerals compared to the recommendations: calcium, iron, sodium.

Calcium	Recommended Intake (mg)
Weekday: <i>952mg</i>	<i>1000mg</i>
Weekend: <i>651mg</i>	

- a. If your intake can improve, how? List methods you would use to improve your intake. (Include specific foods or beverages, or specific cooking and preparation methods, which are realistic for your lifestyle.)

- I pretty much met my recommendation on the weekday but I needed to do better on the weekend. I need to make sure I eat more excellent sources of calcium like, broccoli, milk, yogurt, cheddar cheese, bok choy and tofu. I think if I do this I am sure to get my recommendations each day.

- b. If you met recommendations, what contributed to your success? (Discuss specific foods or beverages, general food choices, or cooking and preparation methods.)

- by eating things like broccoli, carrots, milk, yogurts, chicken breasts, fruits, and eggs were great sources, but I should drink more milk. Im not very good at drinking a lot of milk. Im going to work on that.

Iron	Recommended Intake (mg)
Weekday: <i>17mg</i>	<i>18mg</i>
Weekend: <i>12mg</i>	

- a. If your intake can improve, how? List methods you would use to improve your intake. (Include specific foods or beverages, or specific cooking and preparation methods, which are realistic for your lifestyle.)

- My intake of Iron needs to improve, I was under my recommendations both days which isnt good. I should eat more things like Canned Clams (yummy), parsley, tomato juices, watermelons, sunflower seeds, eggs, ground beef and peanut butter. I could make little snack with peanut butter and crackers, and cut up watermelon and put it in a container so it is easy to eat and snack on. Also im a big chicken and white meat eater so I need to throw in some red meats every now and then, that would help a lot.

- b. If you met recommendations, what contributed to your success? (Discuss specific foods or beverages, general food choices, or cooking and preparation methods.)

- I didnt reach recommendations but eating broccoli, carrots, milk, yogurts and eggs helped me in receiving some iron intake.

Sodium	Recommended Intake (mg)
Weekday:3536mg	<2300mg
Weekend:3551mg	

- a. If your intake can improve, how? List methods you would use to improve your intake. (Include specific foods or beverages, or specific cooking and preparation methods, which are realistic for your lifestyle.)

- My intake can improve by actually cutting sodium out of my diet. I am receiving way too much. I have been aware of this for a while, but I really need to pay more attention to it considering it is drastically over the recomendations.

- b. If you met recommendations, what contributed to your success? (Discuss specific foods or beverages, general food choices, or cooking and preparation methods.)

-things that contributed to my intake were things like, milk, yogurts, salt, chicken, broccoli, carrots, rice and eggs.

Using the MyPyramid stats printout, assess your intake of each of the food groups:

1. How does your grain intake compare to the recommendations?

Grain Intake (oz equivalent)	Recommended Intake (oz equivalent)
Weekday:2 1/2oz	8oz
Weekend:3 1/2oz	

- a. Do you think half of your servings came from whole grains?

-Yes I think that most of my grains intake for the most part consisted of whole grains.

- b. Why or why not? (Talk about the grains you consumed. Be thorough.)

-Because I consumed whole grain nutritious foods like, rice, whole grain crakers and popcorn.

- c. If your whole grain intake can be improved, what products could you add, or what products could you replace with whole grains?

- Instead of eating just yogurts for my main breakfast meal during the week, I can add a slice of rye or whole wheat or pumpernickel bread and for a snack I can incorporate whole wheat crackers and peanut butter. Those things should help meet my recommended intake.

2. How does your meat and beans intake compare to the recommendations?

- Ive been receiving more than the recommendations for meats and beans

Meat and Beans Intake (oz equivalents)	Recommended Intake (oz equivalents)
Weekday: <i>10oz</i>	<i>6 1/2oz</i>
Weekend: <i>8oz</i>	

a. What, if anything, could you do differently for this group? (Be specific about what you would change. Include the types of meat, beans, or other meat substitutes, etc.)

- I need to cut back on all the meats and beans im consuming or maybe (probably) just pay more attention to the portions im putting on my plate.

3. For both the fruits and the vegetables group, compare your intake to the recommendations.

- Im doing great at comsuming enough vegetables I should work more on the fruits throughout the week.

Vegetable Intake	
Cup equivalents	Recommended Intake (cup equivalents)
Weekday: <i>3 1/2cups</i>	<i>3cups</i>
Weekend: <i>3 1/2cups</i>	

Fruit Intake	
Cup equivalents	Recommended Intake (cup equivalents)
Weekday: <i>0 cups</i>	<i>2 cups</i>
Weekend: <i>2 3/4cups</i>	

a. Assess the variety of your fruit and vegetable intake.

- I think I have a good variety of fruits and vegetables, I just need to pay more attention to my fruit consumption which should be easy enough since its delicious. I always have tons of fruits in the house. I guess the weekday got a way from me, because usually I always have SOME sort of fruit daily. So this is odd for me, but we all have days like this, Im sure.

- b. If you did not meet the recommendations, would you like to improve your fruit and vegetable intake?

-Usually I do better at consuming some kind of fruit each day, so I think I just need to be more aware of when the day is ending and recognizing that if i hadn't had any fruits or veggies yet that day.

- c. What ways and what products would you use to increase your intake? (Think realistically about what you will actually do? Include specific fruits or vegetables you like and have access to. Also discuss how you will work these into your diet.

- I should start making smoothies at night for the next morning, that way I can change it up with the fruits I add. I would love this, so im going to have to do it, especially when next semester starts and im super busy again. That would be great to wake up and have a delicious smoothie waiting for me when I rushing around.

4. How does your milk (dairy) intake compare to the recommendations?

- Its not good.. I am way under my recommendations.

Milk Intake	
Cup equivalents	Recommended Intake (cup equivalents)
Weekday: <i>1/2 cup</i>	<i>3 cups</i>
Weekend: <i>1 cup</i>	

- a. If you cannot increase intake of this group, what are other foods or other ways to obtain the nutrients this food groups provides? (Discuss at least 2 nutrients that could be lacking if dairy is excluded, and include some alternative, non-dairy sources.)

- I am lacking just good plain milk. Im not that big of a plain milk fan and I usually only have it when im incorporating it into smoothies, cereal or cooking with it. I rely on yogurts and cooking methods to incorporate it. I should actually start drinking atleast chocolate milk every now and then, because I do love that and its always in the house for my son.
- But, If I where not able to increase my intake in this group because I was a vegetarian that excludes things like milk and eggs then I would recommend consuming soy milk. It has a lot of the same key nutrients as low fat milk. The calcium intakes of lactovegetarians are similar to those of the general populations, but people that use no milk products risk deficiencies. Lactovegetarians should select calcium rich foods, such as calcium fortified juices, soy milk, and breakfast cereals. Other good sources of calcium include figs, some legumes, some green vegetables like broccoli and some nuts such as almonds.
- If dairy products are lacking then key nutrients are lacking too like, calcium and vitamin D. Two huge nutrients that our bodies need. Calcium is the most abundant mineral in the body. Adequate intake of calcium helps grow a healthy skeleton in early life and minimizes bone loss in later life. Vitamin D with the help of sunlight

from a precursor that the body makes from cholesterol and it is also a key nutrient for bones.

NHM 101 Dietary Analysis Project: Food Diary

Name: _Mary Wood

Day of the week, date: __Sunday the 15th 2012

Time	Foods Consumed	Amounts	Where and With Whom	Mood
7:45	Coffee halzel nut coffee creamer 1 egg fruit smoothie fat free milk in smoothie 3 link sausages	8oz 1T 1 2cups 1/2cup 3	My son and Husband	Happy
12:30	Chef salad with caesar dressing water	about 5 cups with everything 16.9oz	My son and Husband	happy
3:00	wheat thins hummus	¾ cups 5T	My son and Husband	happy
6:00	Bbq chicken mixed veggies wild rice water	1 medium breast 1 cup 1 cup 16.9oz	My son and Husband	happy
8:00	Grapes water	2 cups 16.9oz	My son and Husband	happy

NHM 101 Dietary Analysis Project: Food Diary

Name: Mary Wood

Day of the week, date: Monday 16th 2012

Time	Foods Consumed	Amounts	Where and With Whom	Mood
7:15	Coffee hazel nut coffee creamer Pur dannon blueberry yogurt water	14oz 2T 1 16.9oz	My son and Husband	Happy and rushing
12:50	Sushi water	8 pieces 16.9oz	myself	busy, happy , picked it up while at the grocery store
2:12	Potein bar water	1 bar 16.9oz	myself	tired, studying and doing laundry
6:30	Steamed broccoli butter steamed carrots shrimp brown sugar water	2 cups 1T 1 cup 1 ¾ cups 1tsp 16.9oz	My son and Husband	Tired and happy
8:30	popcorn	2 cups	My son and Husband	really tired and happy