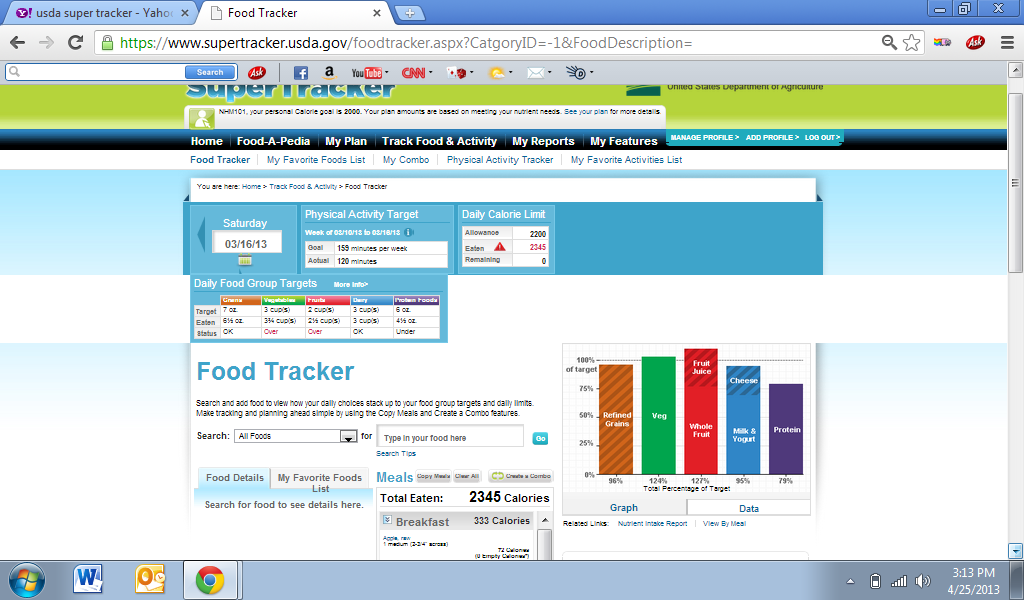
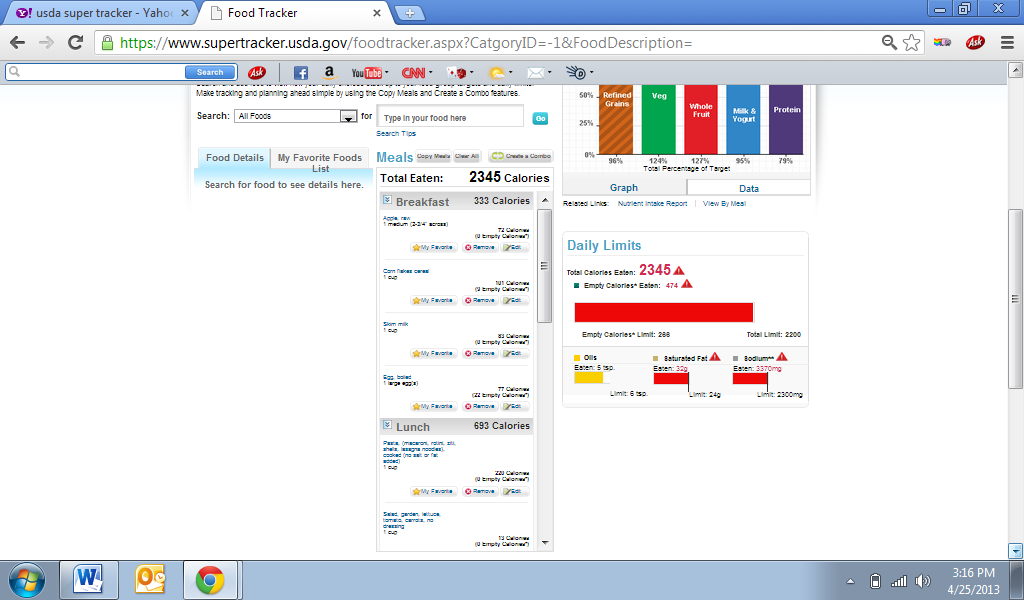
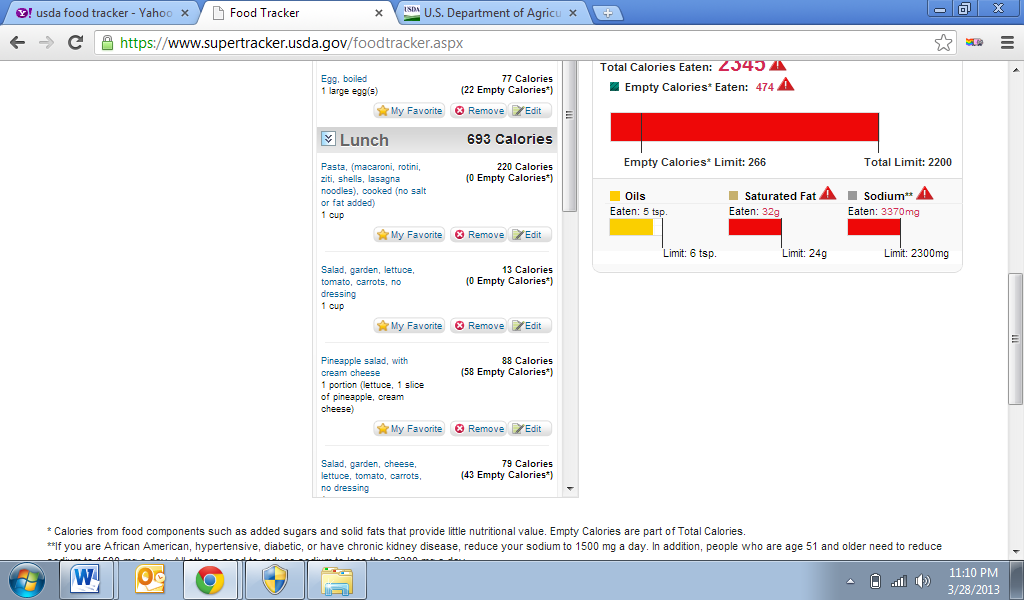
**Pavani Rao’s Dietary Analysis project**

**Part-A**

**Pavani Rao’s food activity for 3/16/2013**



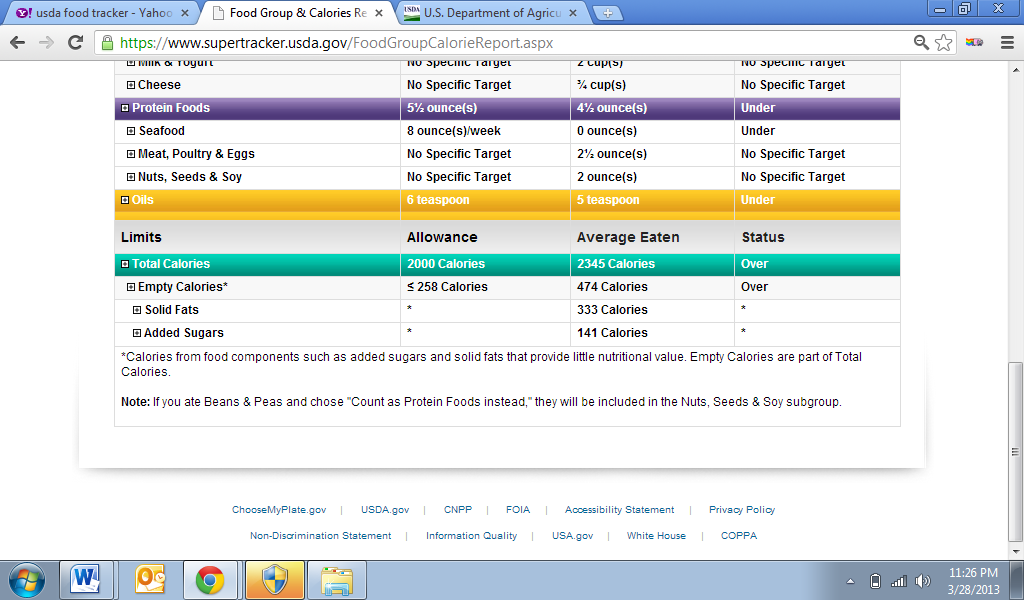


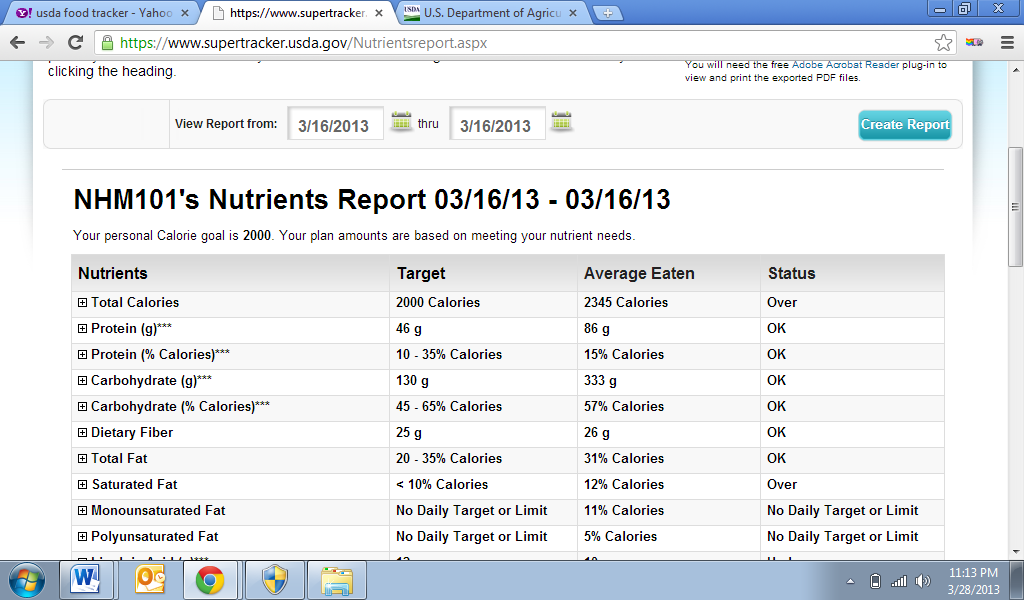










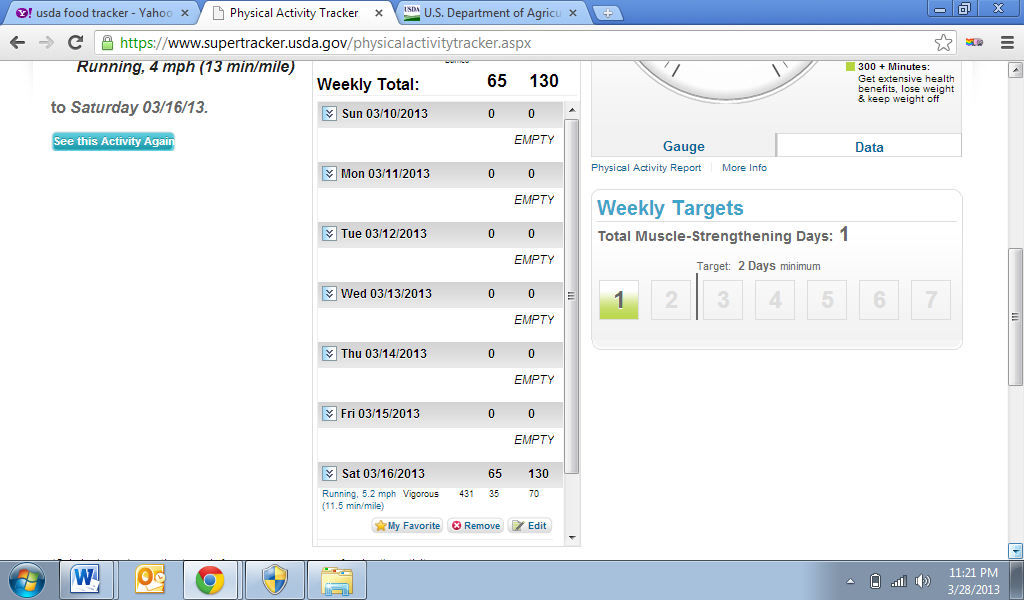




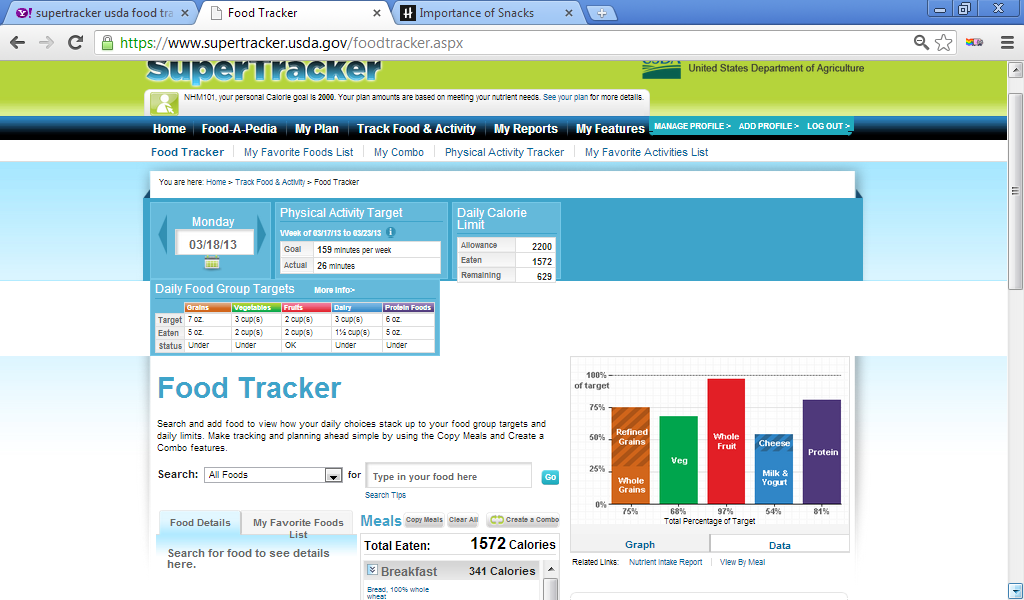


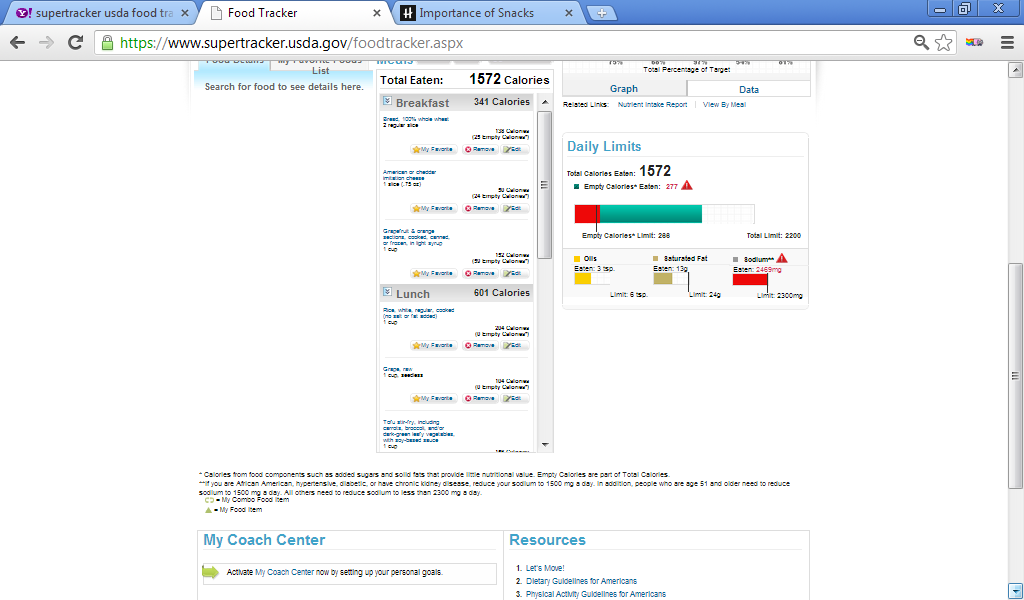
**Pavani Rao’s activity tracker for 3/16/2013**

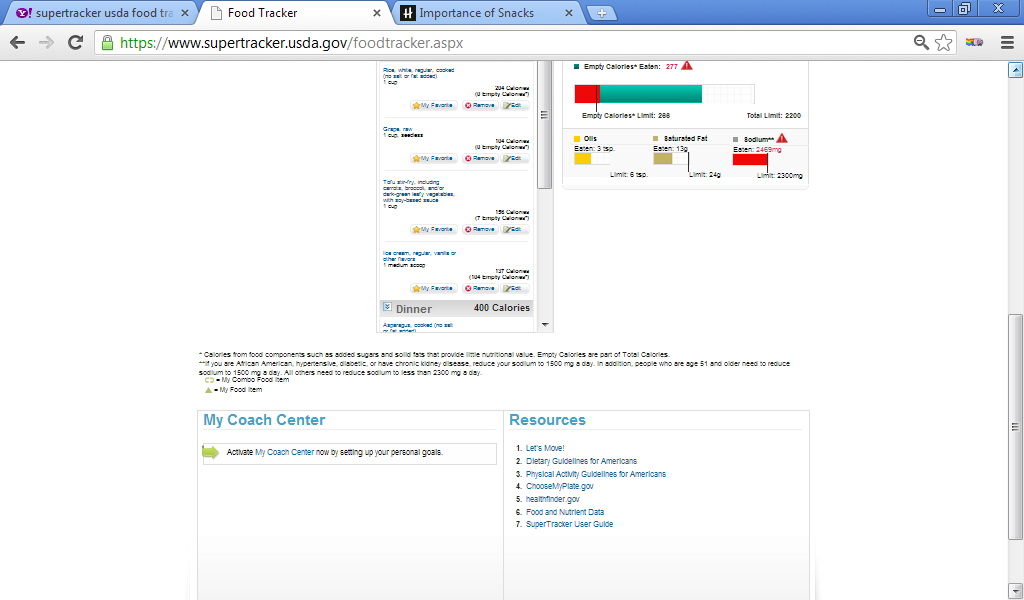
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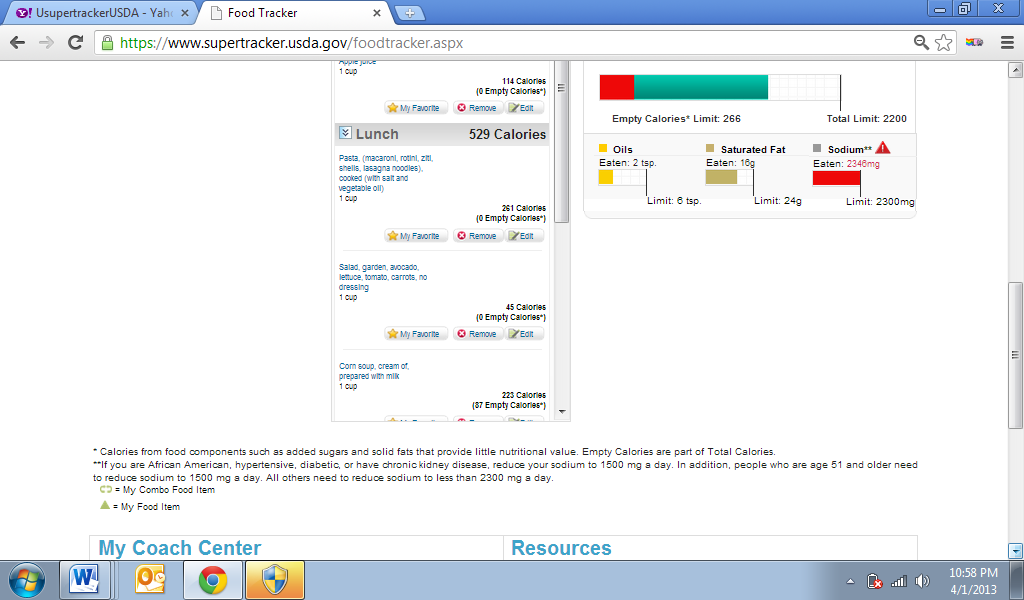
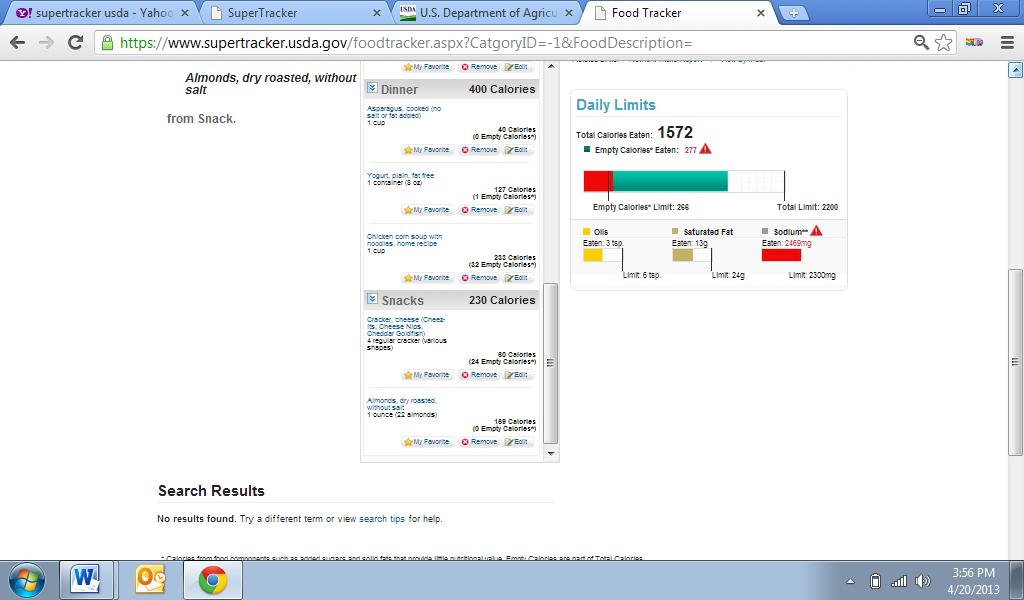
**Pavani Rao food activity tracker for 3/18/2013**

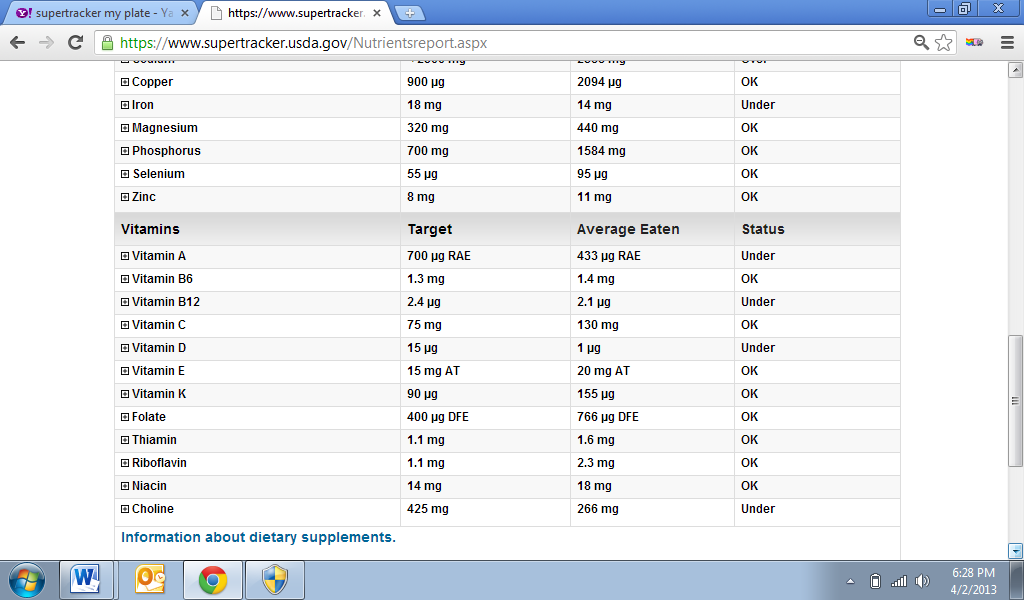
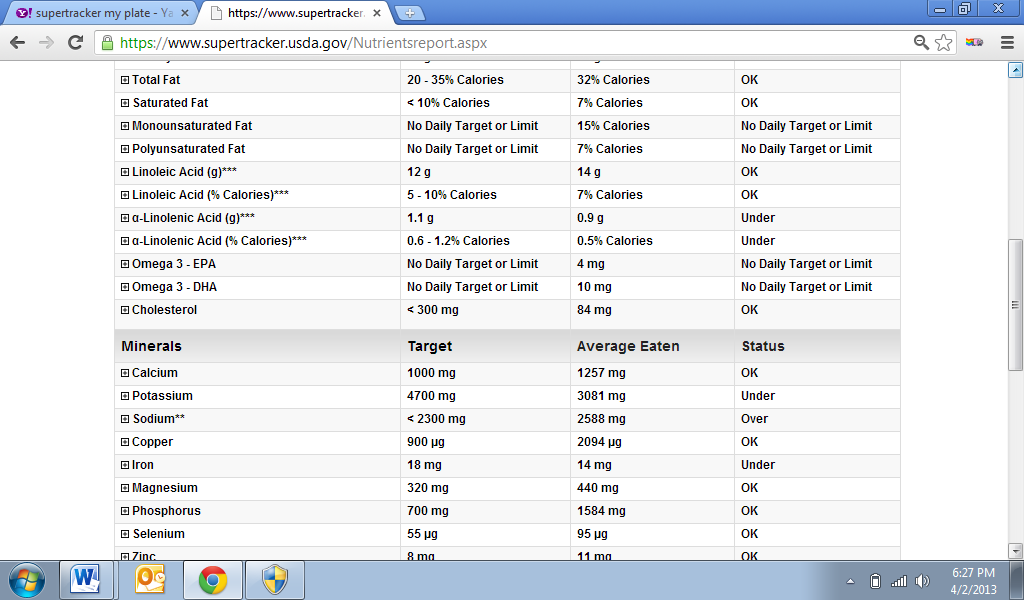
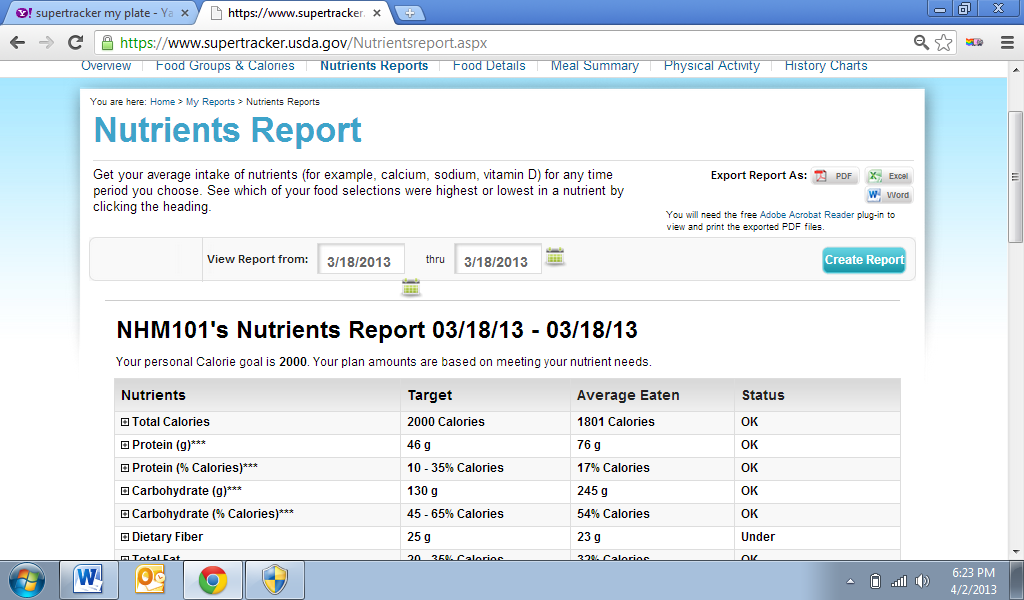


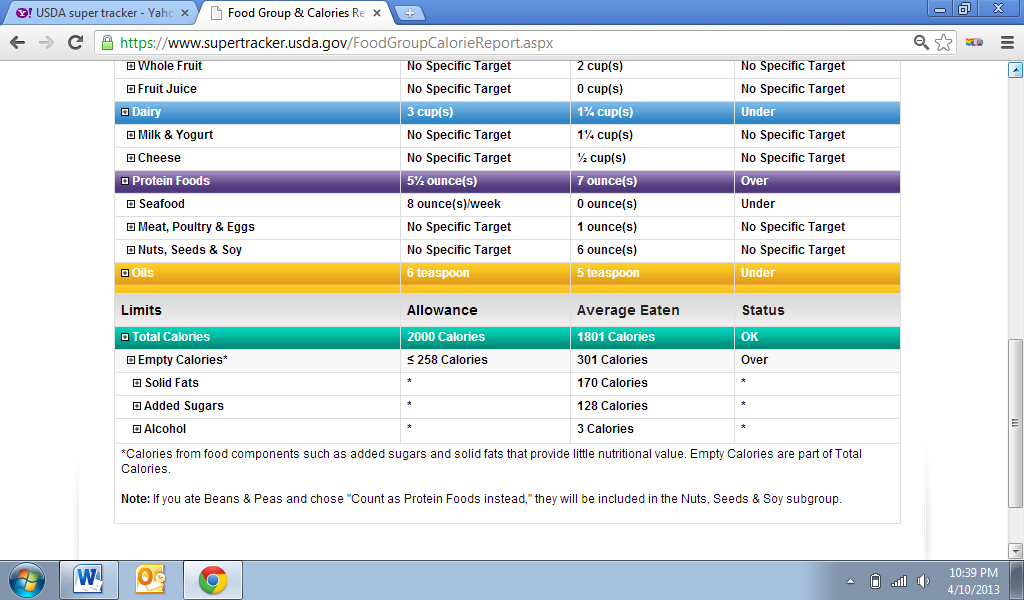




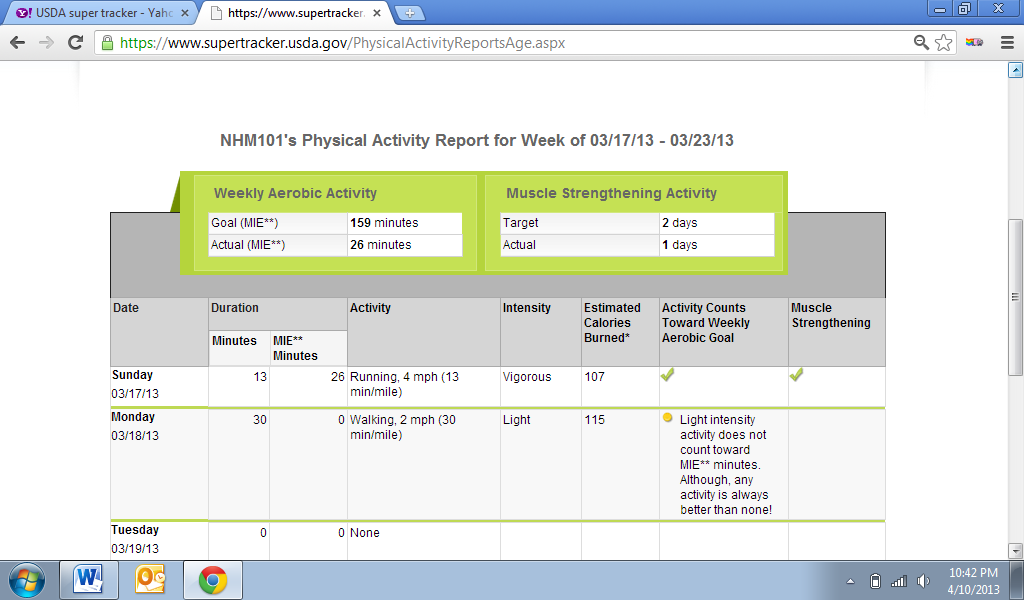


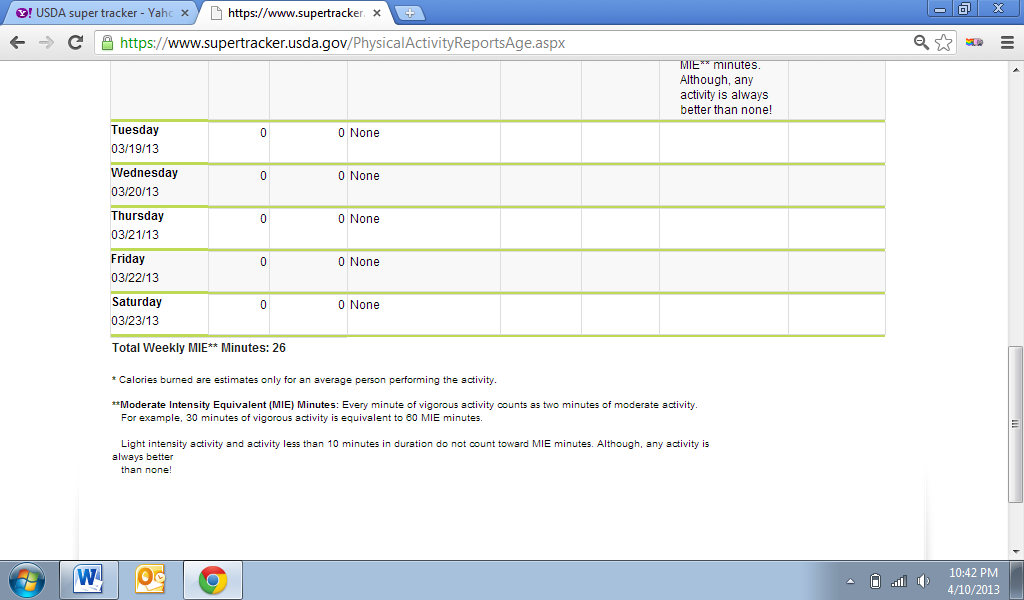
  


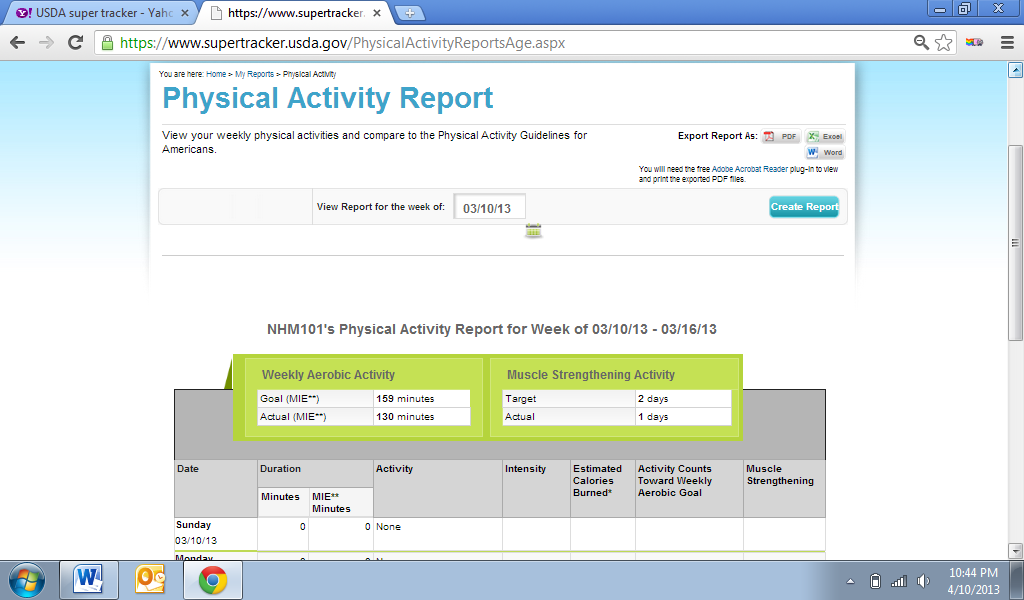


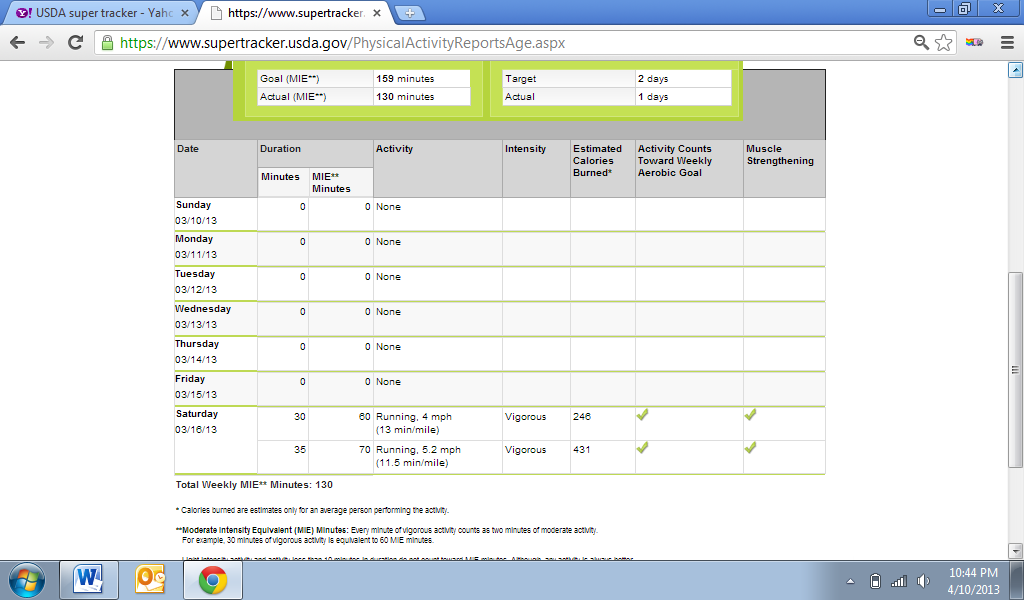


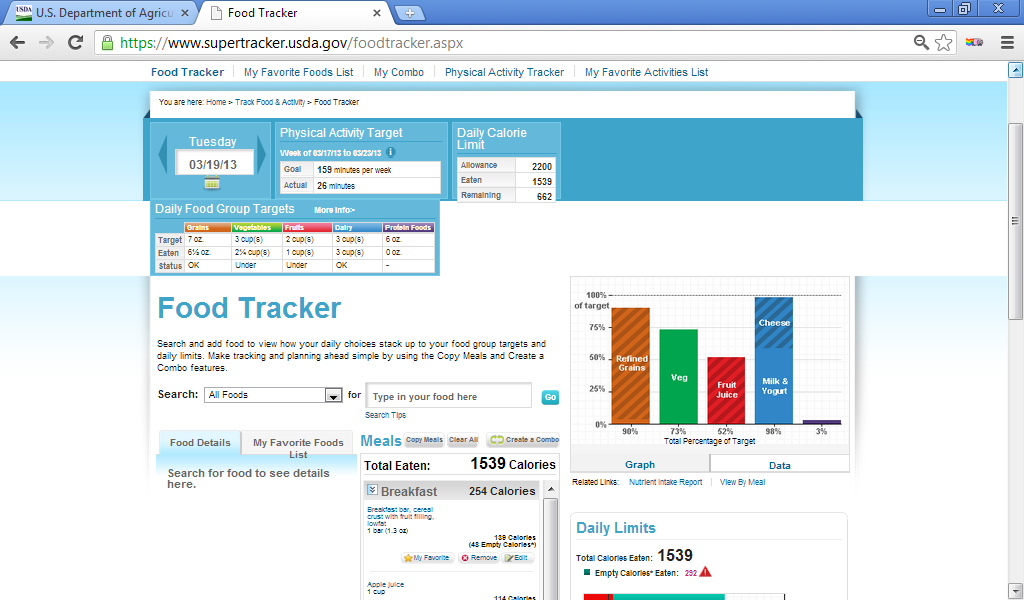
**Pavani Rao’s Physical activity tracker for 3/18/2013**

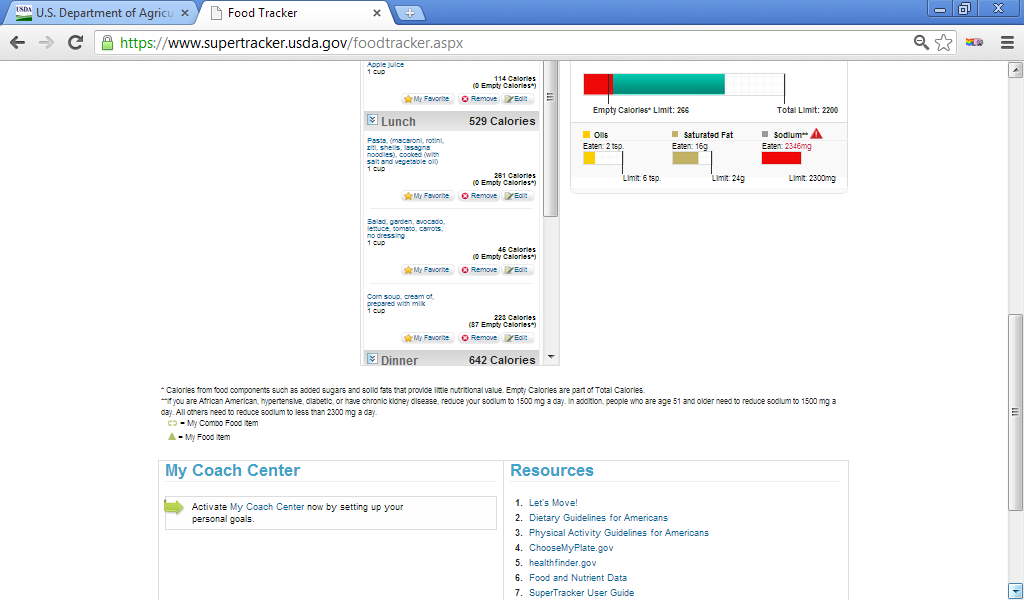


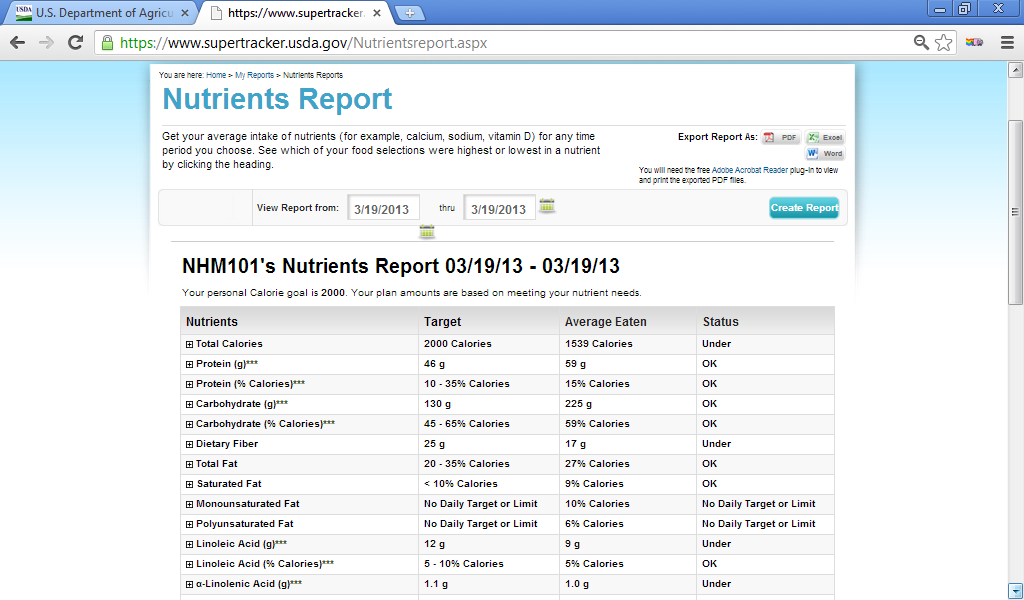


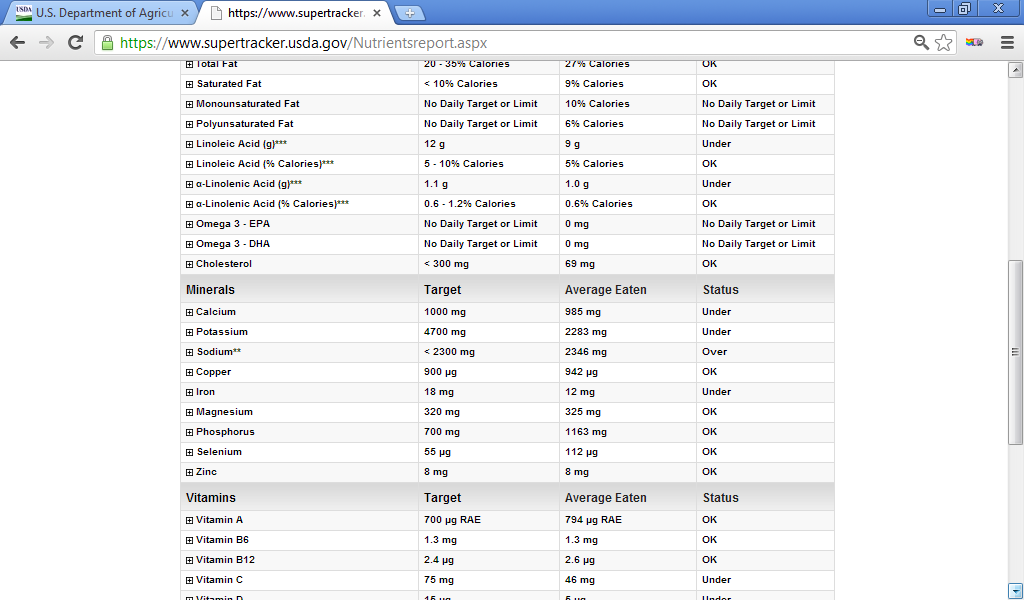


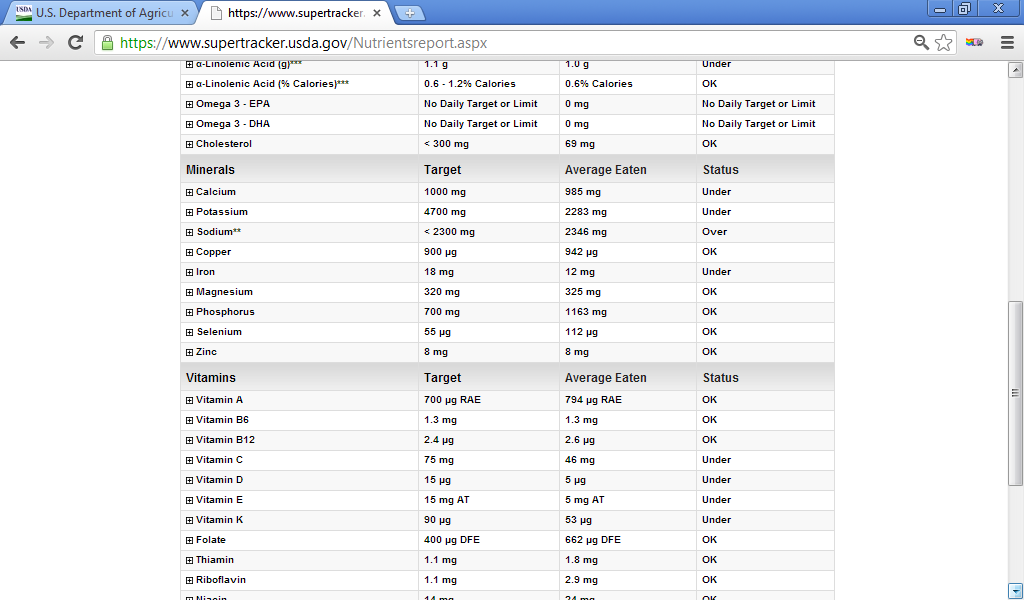


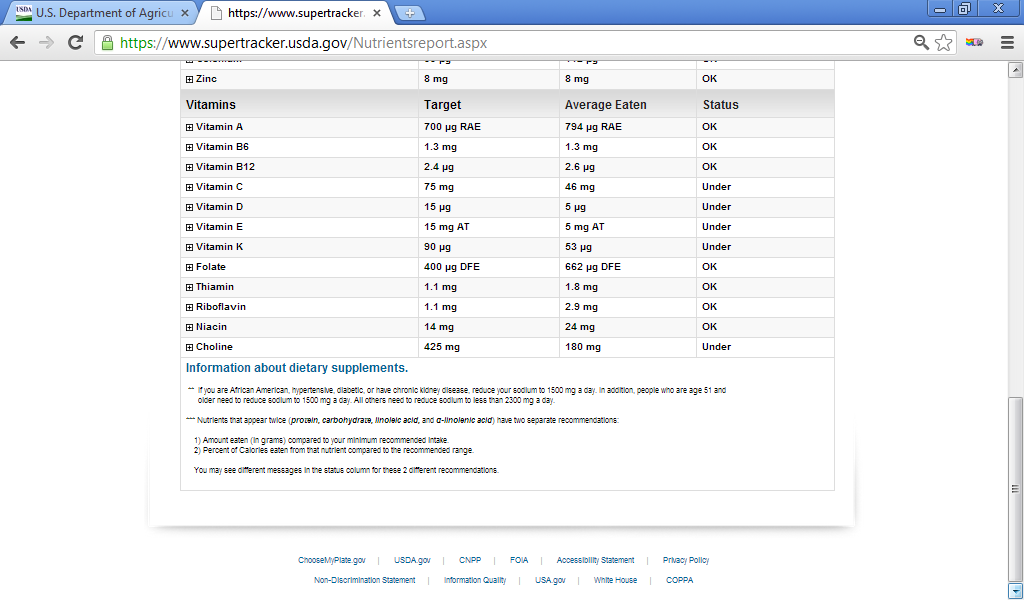
**Pavani Rao’s food activity tracker 3/19/2013**

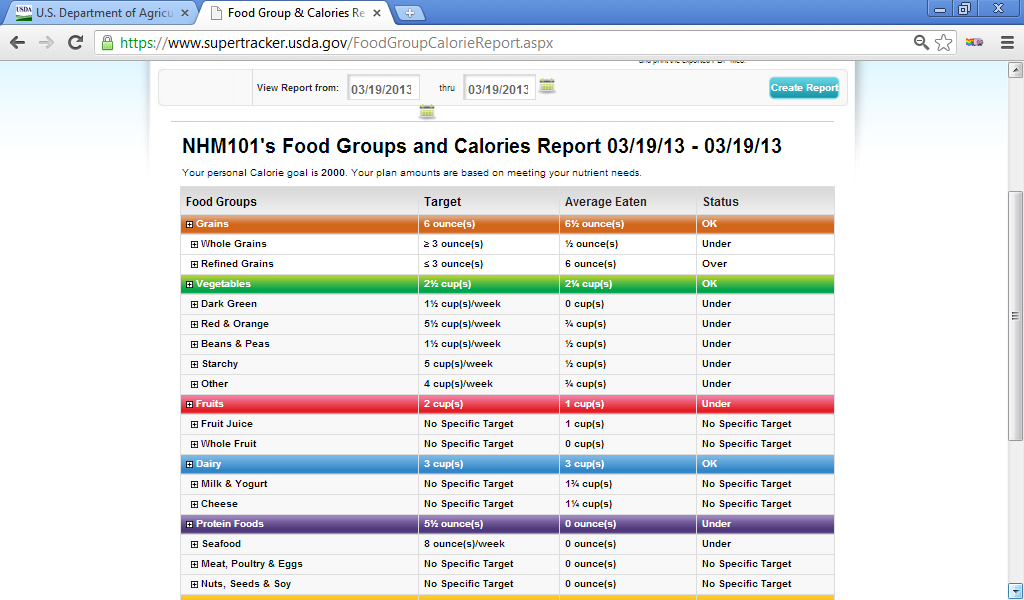


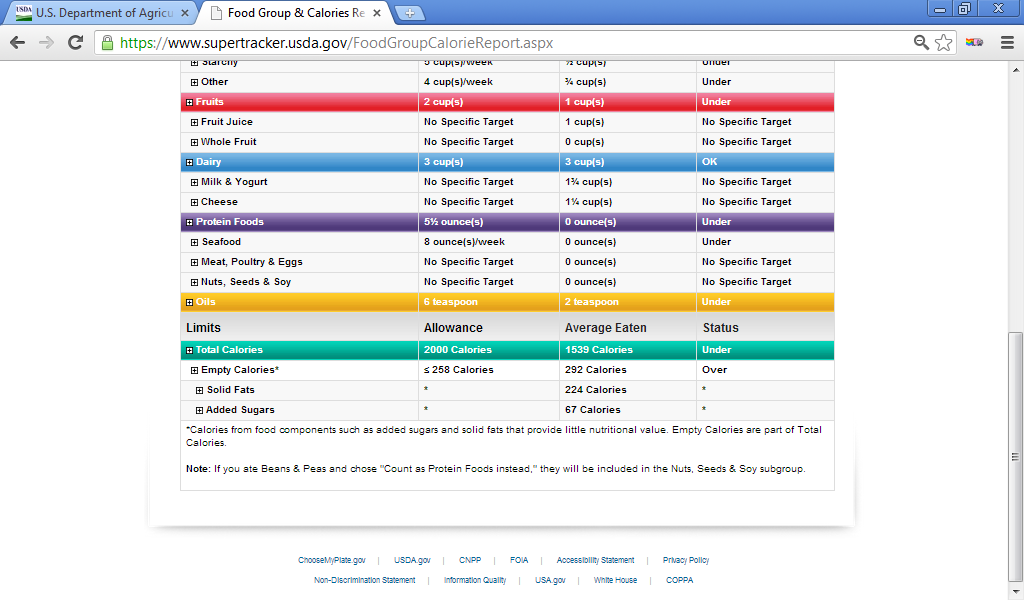


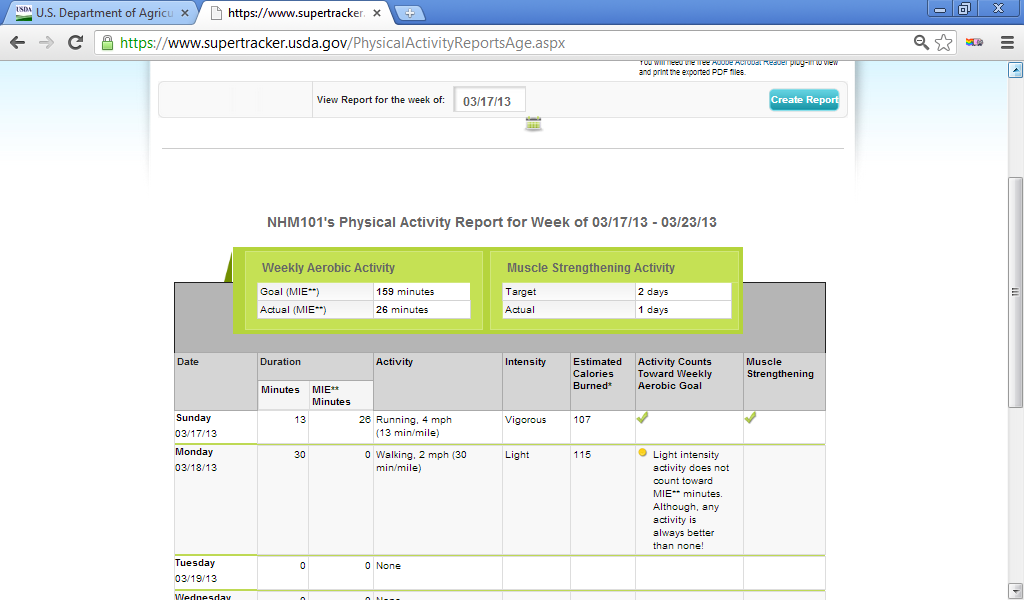


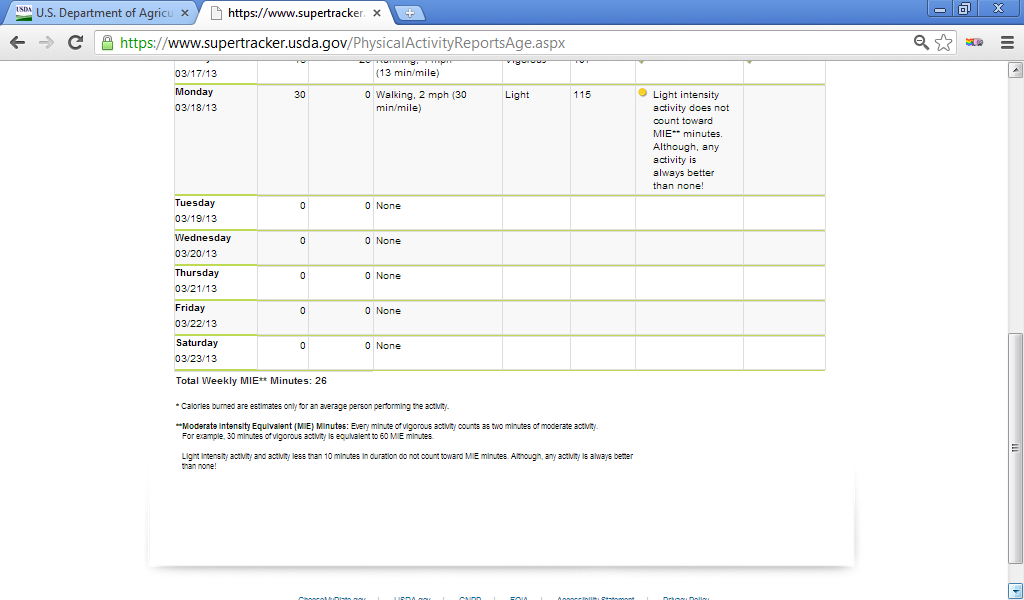




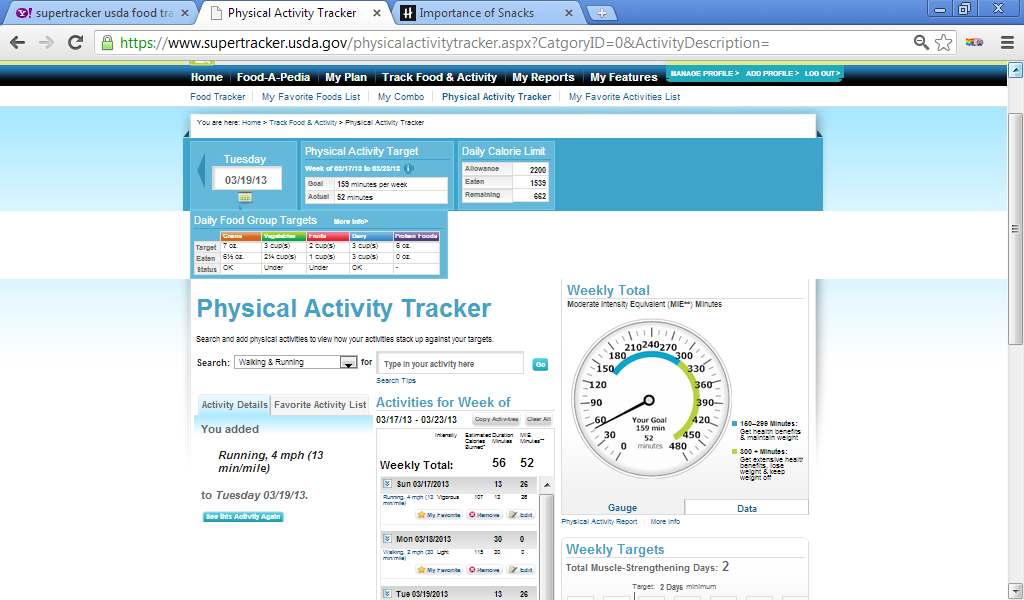


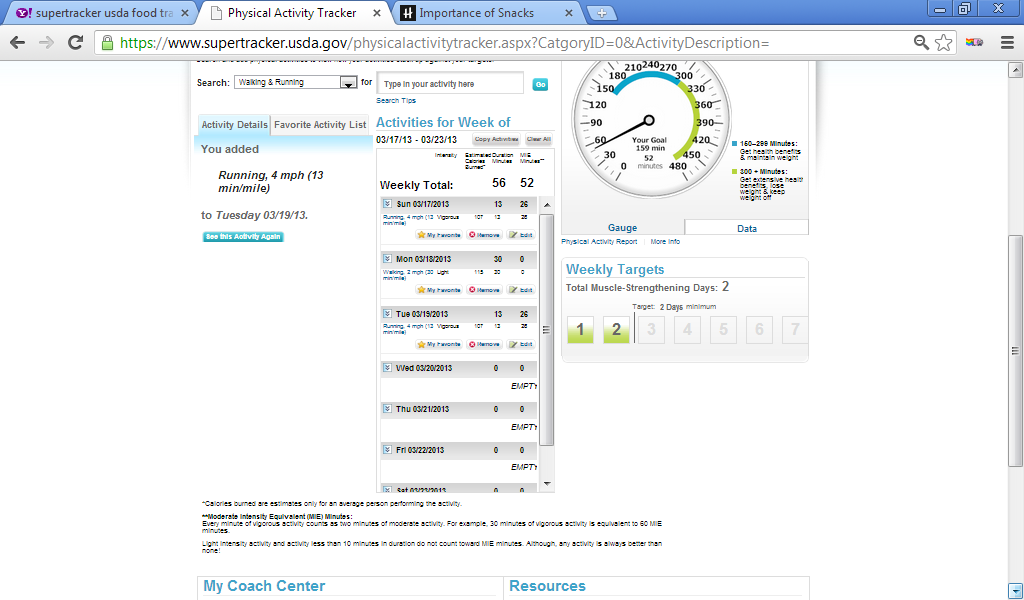


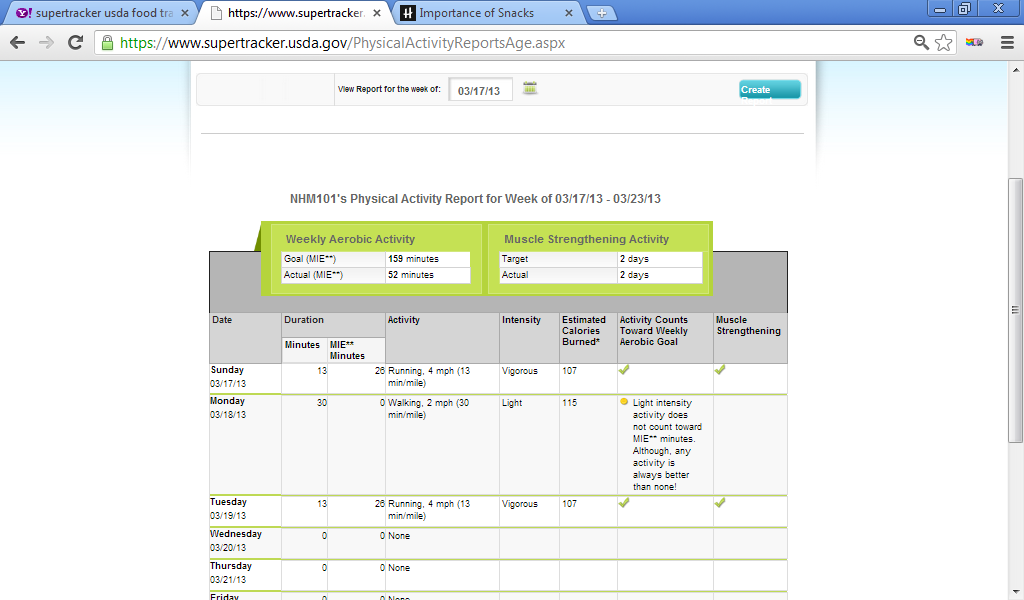
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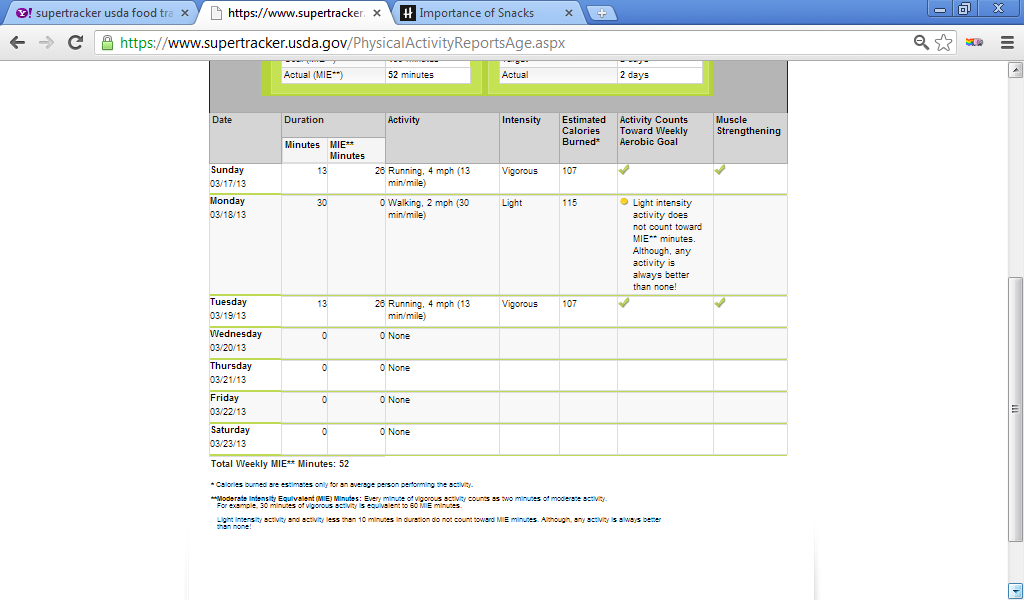


Pavani Rao physical activity tracker for 03/19/2013









**My Daily Food Plan worksheet is complete for day 1, 2, and 3**

**All foods and amounts eaten are recorded, all foods are sorted in to each food group,**

**ounces and servings are totaled for each group, physical activity is recorded**

**Pavani Rao’s Daily Food Plan** **Worksheet:**

**DAY 1: 03/16/2013**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **My food choices for today** | **Food group** | **Based on 2200 calorie pattern,**  **My goals are:** | **My food choices with each food group** | **My Estimated total** |
| **Breakfast:**  1 medium Apple  1 large Boiled egg  1 cup Cornflakes  Boiled egg | Grains | 7 ounce equivalents | Corn flakes  Pasta  Fried rice | 6 1/2 cups |
| Lunch  1 cup Pasta(macaroni, rotini,  Ziti, shells. Lasagna noodles) cooked no salt or fat added ) 1 cup portion.(lettuce, 1 slice of Pine apple with cream cheese)  Pineapple salad with cream cheese.  1 cup Salad, garden cheese, lettuce, tomato, carrots, no dressing  Chili corn | vegetables | 3 cups | Lettuce, tomato, carrots, spinach | 3 ½ cups |
| Fried rice  Salad, garden cheese, lettuce, tomato, carrots, no dressing.  1 Milk shake, fountain type, vanilla or strawberry, with low fat milk.  1 cup spinach, canned cooked with vegetable oil. | fruits | 2 cups | Apple  Pineapple  Fruit juice | 2 ½ cups |
| Snacks  1 ounce Cashew nuts roasted, without salt.  1 cup Fruit juice blend, 100 % juice.  1 cup Ice cream, light without sugar. | Dairy | 3 cups | Ice cream without sugar | 3 cups |
|  | Protein foods | 6 ounce equivalents | Boiled eggs  Cashew nuts | 4 ½ cups |
|  | Physical activity | Be physically active for at least 150 minutes each week. |  | Running, 4 mph (13 min) mile.  Vigorous intensity, counts towards weekly aerobic goal and muscle strengthening. |

**How did I do today**? So and So.

**My food goal for tomorrow is:\_**\_I need to incorporate more foods from protein group

**My activity goal for tomorrow** **is**: running, 4 ½ mph (20 min per mile/day).\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Pavani Rao’s Daily Food Plan Worksheet:**

**DAY 1: 03/18/2013**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **My food choices for today** | **Food group** | **Based on 2200 calorie pattern,**  **My goals are:** | **My food choices with each food group** | **My Estimated total** |
| **Breakfast:**  1slice (75 oz.)American or cheddar imitation cheese.2 Regular slice bread, 100% whole wheat.  1 cup Grape fruit and orange sections, cooked, canned or frozen in light syrup | Grains | 7 ounce equivalents | Whole wheat bread  White rice  Corn soup with noodles | 5 ounces |
| **Lunch:**  1 cup, seedless Grape raw.  1 medium scoop ice cream, regular, vanilla or other flavors.  1 cup Rice, white, regular cooked( no salt or fat added)  1 cup tofu stir-fry, including carrots, broccoli and dark green leafy vegetables, with soy-based sauce. | vegetables | 3 cups | Broccoli, carrots, dark green leafy vegetables, Asparagus,  Corn soup | 2 cups |
| **Dinner**  1 cup Asparagus, cooked(no salt or fat added)  1 cup corn soup with noodles.  1 container (8oz) yogurt plain, fat free. | fruits | 2 cups | Raw seedless grapes  Grape fruit, orange sections. | 2cups |
| 1 ounce (22 almonds) dry roasted, without salt.  4 regular cracker (various shapes) cracker, cheese. | Dairy | 3 cups | Fat free yogurt.  American cheddar cheese. | 1 ½ cups |
|  | Protein foods | 6 ounce equivalents | tofu | 5 ounces |
|  | Physical activity | Be physically active for at least 150 minutes each week. |  | Walking, 2 mph, 30 min/mile. Light intensity, activity still counted towards aerobic goal and muscle strengthening. |

How did I do today? So and so.

**My food goal for tomorrow** is: My protein intake was good today; I did incorporate whole wheat in the diet. My dairy intake was lower today. I need work on that tomorrow

**My activity goal for tomorrow** is: I need to increase my intensity of activity from light to moderate or vigorous activity tomorrow.

**Pavani Rao’s Daily Food Plan Worksheet:**

**DAY 1: 03/18/2013**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **My food choices for today** | **Food group** | **Based on 2200 calorie pattern,**  **My goals are:** | **My food choices with each food group** | **My Estimated total** |
| **Breakfast:**  1 cup Apple juice  1bar (1.3 oz.), breakfast bar, cereal crust with fruit filling low-fat.  **Lunch:**  1 cup corn soup, prepared with milk.  1cup pasta (macaroni, rotini, ziti, shells, lasagna, noodles,, cooked with salt and vegetable oil.)  1 cup salad, garden avocado, lettuce, tomato, carrots, no dressing. | **Grain group**    **Vegetable group**  **Fruit group**  **Dairy group**  **Protein group** | 6 ounces  2 ½ cups  2 cups  3 cups  5 ½ ounces | Pasta(macaroni, rotini, ziti, shells, lasagna, noodles)  Breakfast bar  Avocado, lettuce, tomato, carrots. Bean soup.  Apple juice, cereal crust with fruit filling.  I medium latte (espresso coffee) with 1% milk.  Cream of soup prepared with milk.  none | **6 ½ ounces**  **2 ½ cups**  **1cup**  **3 cups**  **0 ounces** |
| **Dinner:**  1 cup bean soup, mixed beans.  2 slice (1/8 of 12” pizza, with vegetables, regular crust.  **Snacks:**  1 medium (16 flo oz) Latte (espresso coffee) with 1% milk. | **Physical activity** | Be physically active for at least 150 minutes each week. |  | **13 minutes**  **Running 4 mph(13 min/mile)**  **Activity counts towards weekly aerobic goal with vigorous intensity.** |

**How did I do today**? So and So.

**My food goal for tomorrow** is: to include more protein foods like beans and nuts for tomorrow.

**My activity goal for tomorrow** is: Brisk walk for at least 60 minutes a day.