

Nutrition Assignment

For this assignment you will be logging everything you eat into www.fitday.com. This website is free and is very easy to use. This assignment has a 40 point value with a possibility for 10 additional points extra credit. Information must be collected and addressed during the assignment due dates as assigned by this course.

I. Part One

1. Go to www.fitday.com and create your own account by registering as a user.
2. Choose the food on the left hand side of the screen. The section “Add a Food” is where you will find all the foods to choose from.
3. Type in the food or beverage you want to enter into the search bar and click go. This will bring up a list of everything that includes the word you typed in.
4. Choose the food or beverage that is the closest match to the food you ate. Make sure you **ADJUST** the **SERVING SIZE** or **QUANTITY** after you have added the food. Continue adding your food choices until you have listed everything you ate and drank in one day. Don’t forget to add water if you consume it as well. Water will appear as moisture on your report. *You must enter at least 7 items each day.
5. Now you need to print this page out, or you may want to select “print preview” as some printers will cut off part of your page. It is ok if the pie graph doesn’t print; just sketch it in after you print. **It is helpful to print these pages in Landscape (sideways) view.**

You must keep a 3 day food diary. (Print and turn in all 3 days of your food diary.) *7 items minimum must be entered for each day.

I. Part Two

Click on the REPORTS tab at the top of the page and go to “Total Nutrition” link. Click “Set a Nutrition Goal” and under More Information click on. Enter the following data as a goal for each nutrient (provided is a general good general nutrition plan for both male and female):

Calories: 2,000 min - 2,200 max. (You may set your own here)

Total Fat: 40 min - 60 max. (You may set your own here)

Saturated Fat: 15 min - 25 max. (You may set your own here)

Total Carbohydrate: 250 min - 300 max. (You may set your own here)

Cholesterol: 200 min - 300 max.

Sodium: 2,000 min - 2,400 max.

Dietary Fiber: 25 min - 38 max.

Vitamin A: 5,000 IU - 5,000 IU
Vitamin C: 60 mg – 60 mg
Calcium: 1,000 mg – 1,000 mg
Iron: 15 mg – 18 mg

When setting your goals you may add any other nutrient you wish to fit your own goals. The table above are the nutrients listed that are required for this assignment. You may set your own min. and max where indicated, but use the min. and max.

After you have completed your three day food diary and after you have set your goals, go back and click Reports and choose “Calories Eaten Pie Chart”. Make sure to include the period of time (one week, two weeks, etc) to include YOUR food diary to be captured in the report. **(This report is Calories Eaten and shows a pie chart with the breakdown of Carbohydrates, Fats, and Proteins). Print and turn this report in.**

II. Part Three

After you have completed your three day food diary and after you have set your goals, go back and click Reports and choose “Nutrition Budget”. Make sure to include the period of time (one week, two weeks, etc) to include food diary to be captured in the report. **(This report will show your intake of nutrients compared to Nutrition Goals that were entered in Part I.) Print and turn this report in.**

IV. Part Four

After you have completed your three day food diary and after you have set your goals, go back and click Reports and choose “Total Nutrition”. Make sure to include the period of time (one week, two weeks, etc) to include YOUR food diary to be captured in the report. **(This report will show if you are meeting your vitamin and mineral intake.) Print and turn this report in.**

V. Part Five

Turn in a one page typed summary (single spaced, typed in paragraph form, Times New Roman, 12 font, MLA format) of your findings about your diet using the data collected in this assignment. Summary should include the following: vitamins and minerals you are deficient in as well as the vitamins and minerals requirements you are meeting.

Take a look at your carbohydrate, protein, and fat intake and comment on if you are meeting the nutritional guidelines. Summary should also include any adjustments you plan to make in order to make your diet healthier.

In Total: 3 reports, 3 individual food diary days, and a one page summary will be turned in.

***Extra Credit (eligible only if 40/40 is made on this assignment)...10 points extra credit can be earned by submitting the following:**

After you have completed your three day food diary and after you have set your goals, go back and click Reports and choose “Nutrition Facts”. Make sure to include the period of time (one week, two weeks, etc) to include YOUR food diary to be captured in the report. **(This report will show an average daily nutritional facts label similar to what you see on the side of food labels.) Print and turn this report in.**