Nutrition Assignment  
(updated Fall 2015)

For this assignment you will be logging everything you eat and drink into the www.fitday.com site. This website is free and very easy to use. Assignment is worth 100 points. Due date will be announced.

I. Part One: Go to the Mayoclinic calorie calculator = http://www.mayoclinic.com/health/calorie-calculator/NU00598 to find your metabolic rate numbers (minimum and maximum). Include this page in your assignment. This site will help you set your minimum and maximum calorie numbers on your Nutritional Guideline (Part Two).

I. Go to the www.fitday.com site and create your own account. Remember your user name and password. *(Make Sure you use the CLASSIC VERSION)...NOT the Premium Version. Click the top right corner after logging in to switch to Classic Version. If you use Premium Version a grade of 0 will be given.*

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.

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 to your day. Continue adding your food choices until you have listed everything you have eaten and drank for that day. Don’t forget to add water if you consume it as well.

5. You need to continue logging in foods for 5 days *(does not have to be consecutive days).* Print all five days individual days. You can print in the friendly printer version or “print preview” in Landscape view. If the pie graph doesn’t print then you may sketch it in after you print your pages.

***You must turn in all 5 individual days of your food diary with your assignment***
I. Part Two

1. At the bottom of the Food diary, click Calorie Pie Chart Report and then look on the left side and click My Nutrition. At the bottom of this page click Set a Nutrient Goal. I have given some general sound nutritional guidelines and goals below and you can use these or set your own goals in a few of the areas marked.

SET YOUR NUTRITIONAL GUIDELINE CHART:

**Calories:** (You set your own min. – max. based on information from MAYO Calculator)

**Total Fat Grams:** (You may set your own here) MY SUGGESTION: Based on a 1,500 - 2,199 calorie day diet set your total fat grams 40 g – 60 g and based on a 2,200 – 3,000+ calorie day diet set 60 g – 80 g.

**Saturated Fat Grams:** If you total fat grams are 40-60 then set saturated min. at 4g – max at 6g and if your total fat grams are 60 – 80 then set saturated min 6g – max at 8g. **Note – you the majority of your fat grams coming from unsaturated fats.**

**Cholesterol:** 200 min – 300 max

**Sodium:** 1,500 min – 2,300 max

**Dietary Fiber:** 25 min – 38 max

**Vitamin A:** 700 mcg – 700 mcg

**Vitamin C:** 75 mg – 100 mg

**Calcium:** 1,200 mg – 1,400 mg

**Iron:** 8 mg – 10 mg

When setting your goals you may add any other nutrients you wish to the chart. The table above are the nutrients listed that are required for this assignment.

2. AFTER you complete your five day food diary and after you have set your goals, then go back to Reports and click Nutrition Budget and choose the period of the past week or past two weeks, or month and print this report. Turn in this report with your assignment.
II. Part Three

1. Under Reports, click the Calorie Eaten Pie Chart. (Carbs, Fat, Protein Chart). This chart shows you the % of carbohydrates, proteins, and fats you consume.
2. Choose the period of the past week or past two weeks, or month and print this report. (Make sure this includes the days that you kept your food diary).

III. Part Four

1. At the top under Reports, click Total Nutrition. This report will show if you are meeting your requirements of essential vitamins and minerals in your diet.
2. Choose the period of the past week or past two weeks, or month and print this report. (Make sure this includes the days that you kept your food diary).

Turn in a one page minimum typed summary (single spaced) of your findings about your diet using the data collected in this assignment. Summary must be typed in paragraph form (1 inch margins and 12 font).

Summary must include the following:

1.) Address your metabolic rate calorie numbers.
2.) Address the following vitamins and minerals: sodium, cholesterol, and fiber.
3.) Take a look at your carbohydrate, protein, and fat intake and address if you are meeting the nutritional guidelines set. (% based on guidelines).
4.) Summary should also include any adjustments you plan to make in order to make your diet healthier.

Turn in the following for a complete Nutrition Assignment:
*5 Individual days of food diary.
***Summary

100 Point Value: 5 days of your food diary worth 5 points each = 25 pts.
3 Food reports worth 15 points each = 45 pts.
Nutrition Summary (1 page minimum and single spaced) worth 30 pts.