

Nutrition Analysis

Purpose: The purpose of this assignment is to observe and analyze the role of daily nutrition.

Action Items:

1. Each student will record all food and liquid consumption for 3 days (72 hours). Details of everything eaten are needed. For example: 1 whole wheat pita, $\frac{3}{4}$ cup lettuce, 1 tablespoon mayo, 3 oz. sliced turkey, $\frac{1}{2}$ oz. mild cheddar cheese, $\frac{1}{4}$ small tomato, and $\frac{1}{4}$ small pickle.
2. Upload food and liquid consumption into a nutritional tracking site or an android/iphone application. Examples may include and are not limited to: myplate.gov, livestrong.com, nutrient tracker, or myfitnesspal. Ensure that you will be able to download a nutritional report that has (a) food log and (b) percent consumption of carbohydrates, protein, and fat.
3. Determine if your consumption of protein, carbohydrate, and fat are within recommended guidelines for the National Academy of Sciences (NAS).
4. Compare your results to the guidelines and describe what adjustment should be made to improve body composition.
5. Submit a 500 word written analysis of what you learned. The write-up will follow APA formatting guidelines.

Grading Rubric: 25 points

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| 3 day log and % consumption report | 1 | 2 | 3 | 4 | 5 |
| 500 word minimum write-up | 1 | 2 | 3 | 4 | 5 |
| Personal Consumption Analysis | 1 | 2 | 3 | 4 | 5 |
| Comparison to NAS Guidelines | 1 | 2 | 3 | 4 | 5 |
| Application to Body Composition | 1 | 2 | 3 | 4 | 5 |
