NUTRIENT ASSESSMENT PROJECT INSTRUCTIONS

EXSC 191 – Fall 2018

Complete all 5 components of this project and submit 1 file to Blackboard in PDF format.

- The Course Project must be your own work. Use your own words for the entire assignment. This project is worth 200 points and counts for 20% of your final grade.

- The Course Project is due Sunday, November 18th on Blackboard by 11:59 pm. Please check your project before and after uploading to make sure you have uploaded the correct document in PDF format and that it is clear and readable.

- 10% point deduction will be applied to your Course Project for each day late

Your **Nutrition Assessment** will consist of the following:

1. **Food Diary** – record food eaten for 3 days and input it into Nutri Calc Online (30 points: 10 points/day).
2. **Nutrient Report Form** – paste Nutrient Report from Nutri-Calc into file (15 points).
3. **Physical Activity Questions** (12 points).
4. **Nutrient Assessment Form** (73 points).
5. **Summary of your Nutrition Assessment and Plan for Future Dietary Changes** (70 points).

Name: Christina Nielsen **Date: 10/29/18**

Instructions:

1. Use a separate sheet for each day.
2. Record your Name and Date on each sheet.
3. Record all foods eaten for **3 *consecutive*** days. **Each day (sheet) is worth 10 points.** Record the time of day and the food item(s) eaten and the amount of each food item consumed; include water, snacks, condiments, and "nibbling".
4. ***Save all sheets in 1 file for submission on Blackboard***.

TIME OF DAY	FOOD ITEM	AMOUNT
8:00 AM	Organic eggs	3
8:00 AM	Water	8 Oz
8:00 AM	Cucumber	½
8:00 AM	Mushrooms	½ cup
8:00AM	Yellow pepper	1
8:00 AM	Mandarin oranges	½ cup
10:00 AM	Chocolate chip Clif Bar	1
10:00 AM	clementine	1
10:00 AM	Water	16 oz
1:00 PM	Trail mix	¾ cup
2:00 PM	Water	16 Oz
7:00 PM	Healthy Choice Cuban Pork Power Bowl	1 bowl
9:00 PM	Chocolate Chip cookies (Nestle)	3
10:00 PM	Water	8 Oz

Name: Christina Nielsen **Date: 10/30/18**

Instructions:

1. Use a separate sheet for each day.
2. Record your Name and Date on each sheet.
3. Record all foods eaten for **3 *consecutive*** days. **Each day (sheet) is worth 10 points.** Record the time of day and the food item(s) eaten and the amount of each food item consumed; include water, snacks, condiments, and "nibbling".
4. ***Save all sheets in 1 file for submission on Blackboard***.

TIME OF DAY	FOOD ITEM	AMOUNT
8:00 AM	Organic eggs	2
8:00 AM	Colby Jack Cheese	tablespoon
8:00 AM	Salt & pepper	<teaspoon
8:00 AM	Water	8 Oz
8:00 AM	Chobani strawberry Greek yogurt	1
8:00 AM	Clementine	1
11:00 AM	Orange pepper	1
	Water	8 Oz
11:00 AM	Pretzels	20 pieces
11:00 AM	Jif Peanut Butter	¼ cup
2:00 PM	White Chocolate Macadamia Nut Clif Bar	1
8:45 PM	Steak	10 Oz
8:45 PM	Red roasted potatoes	1.5 cups
8:45 PM	Steamed broccoli	1.5 cups
8:45 PM	Water	12 Oz

Name: Christina Nielsen **Date: 10/31/18**

Instructions:

1. Use a separate sheet for each day.
2. Record your Name and Date on each sheet.
3. Record all foods eaten for **3 *consecutive*** days. **Each day (sheet) is worth 10 points.** Record the time of day and the food item(s) eaten and the amount of each food item consumed; include water, snacks, condiments, and "nibbling".
4. ***Save all sheets in 1 file for submission on Blackboard***.

TIME OF DAY	FOOD ITEM	AMOUNT
7:30 AM	Organic brown eggs	2
7:30 AM	Colby jack cheese	Table spoon
7:30 AM	Salt	<teaspoon
7:30 AM	Avocado	1/2
7:30 AM	Clementine	1
7:30 AM	Water	8 Oz
3:30 PM	Smoothie – frozen berries	2 cups
3:30 PM	Water	8 Oz
3:30 PM	Banana	1
3:30 PM	Peas	2 cups
3:30 PM	Nutella	Tablespoon
8:00 PM	Healthy Choice Falafel Power Bowl	1
8:00 PM	Water	8 Oz
9:00 PM	Milk Duds	4 pieces
9:00 PM	Kit-Kat	1 snack size
9:00 PM	Twizzler	1 snack size
9:00 PM	Water	16 Oz

NUTRIENT REPORT FROM SUPER TRACKER (15 points)

http://nutritioncalc3.mheducation.com/ncplus3/reports/allDaily?types[Profile].active=a3b6ced7-d370-43ba-8b84-a2ddd3fe05d1&types%5BProfile%5D.selected=a3b6ced7-d370-43ba-8b84-a2ddd3fe05d1&types%5BDay%5D.selected=f0c4263a-a60b-4f70-bddf-4bdc59a79e9d%2C2018-10-31&types%5BDay%5D.selected=f0c4263a-a60b-4f70-bddf-4bdc59a79e9d%2C2018-10-30&types%5BDay%5D.selected=f0c4263a-a60b-4f70-bddf-4bdc59a79e9d%2C2018-10-29&decorator=report&format=pdf&view=

PHYSICAL ACTIVITY QUESTIONS (12 points) (source: BRFSS 2001-2009)

1. We are interested in 2 types of physical activity - **vigorous and moderate**. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

   A. Now, thinking about the **moderate** activities you do in a usual week, do you do **moderate** activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate? (Circle one)

   YES **NO** ***If no, skip to question 2***

   B. How many days per week do you do these **moderate** activities for at least 10 minutes at a time?

   5-7 days per week

   C. On days when you do **moderate** activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

   30 minutes per day

2. A. Now, thinking about the **vigorous** activities you do in a usual week, do you do **vigorous** activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in
breathing or heart rate?

   YES **NO** ***If no, skip to question 3***

   B. How many days per week do you do these **vigorous** activities for at least 10 minutes at a time?

   2-3 days per week

   C. On days when you do **vigorous** activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

   20 minutes per day

3. During the past month, how many times per week or per month did you do physical activities or exercises to STRENGTHEN your muscles? Do NOT count aerobic activities like walking, running, or bicycling. Count activities using your own body weight like yoga, sit-ups or push-ups and those using weight machines, free weights, or elastic bands.

   2-3 Times per week OR

NUTRITION ASSESSMENT FORM

Your Data (5 points)	
Age (years)	21
Gender	female
Height (in)	5'7"
Weight (lbs.)	135
Recommended Energy Intake (kcal/day)	2,505.90

Nutrients				
	Target	**Amount Eaten** (1 point each)	**Status** (1 point each)	**Foods needed to maintain or improve current level** (2 points each)
Total Calories	2,505.90	1,875.98	under	Increase intake of foods across the board from whole grains, vegetable, fruits, meat, & fish.
Carbohydrates (%)	45-65%	48.56%	okay	Continue eating and increase the amount of vegetables and whole grains that naturally contain carbohydrates.
Added Sugars (g)	N/A	N/A	N/A	N/A
Dietary Fiber (g)	35.08	30.17	under	Increase intake of beans, vegetables, and whole grains. Add flax and chia seeds to smoothies.
Total Fats (%)	20-35%	33.04%	okay	Continue eating fresh foods. Reduce red meat intake.
Saturated Fats	25.06 g	17.78 g	under	Continue eating eggs and start cooking with oil/butter.
Protein (%)	10-35%	20.21%	okay	Continue to eat eggs, some red meat, chickpeas, & pork. Adding soy milk, almonds, and quinoa and limiting red meat consumption can help increase my plant-based protein intake.

Nutrients				
	Target	**Amount Eaten** (1 point each)	**Status** (1 point each)	**Foods needed to maintain or improve current level** (2 points each)
Cholesterol (mg)	<300	518.01	over	Decrease intake of red meats and eggs. Increase bean intake to make up for protein.
Calcium (mg)	1000	596.93	under	Incorporate 2 cups of almond or soy milk daily, increase spinach intake by putting into smoothies.
Potassium (mg)	4700	2970.92	under	Add or increase sweet potatoes, beans, bananas, honeydew melon, butternut squash, and fish intake.
Sodium (mg)	<2300	2123.83	okay	Continue to eat to eat whole foods and keep processed snacks like cheese-its and pretzels to a minimum. Do not over salt food when baking.
Vitamin A (µg)	700	831.72	over	Introduce more sweet potatoes, spinach and squash. Continue to eat carrots, peas, broccoli, eggs, and kale.
Vitamin B12 (µg)	2.4	5.14	over	Continue eating eggs, and red meat. Replace some red meat with fish such as salmon.
Vitamin C (mg)	75	250.38	over	Continue to eat citrus fruits, broccoli, & bell peppers. Add squash, sweet potatoes, white potatoes, spinach.
Vitamin D (µg)	15	5.70	under	Introduce fatty fish such as salmon to my diet. Drink soy or almond milk. Continue eating eggs and some cheese.
Vitamin E (mg)	15	17.71	over	Incorporate asparagus & spinach. Continue eating nut-based products and spreads. Incorporate sunflower seeds, almonds, mango, and kiwi as snacks.
Folate (µg)	400	517.48	over	Continue eating bell peppers, chard, clementines, eggs, avocados, broccoli, and Clif bars. Incorporate beets, beans, bananas, and kale.

SUMMARY OF NUTRITION ASSESSMENT AND PLAN FOR FUTURE DIETARY CHANGES

Your summary must be in paragraph format and must be at least 500 words in length. This section is worth 70 points.

The summary must include a description of:

1. Your current dietary habits based on your Nutrient Report
2. The healthy aspects of your diet
3. Discuss your level of physical activity
4. The areas of your diet that need improvement and
5. Your plan for future dietary changes.

Summary:

According to my Nutrient Report, I am not getting enough calories overall. Especially since I live an active lifestyle and exercise a few times a week. I eat breakfast and dinner consistently, however lunch and snacking are variable based on my class schedule. The calories I am eating contribute to a fairly balanced diet with regards to protein, carbohydrate, and fat percentages. However, I am under in saturated fats and dietary fiber. My micronutrient intake, although somewhat balanced, includes calcium, Vitamin D, and potassium deficits and a surplus of cholesterol intake. These unhealthy trends can be addressed through analysis of my Nutrient Report.

The healthy aspects of my diet are that I eat a good amount of fresh fruits and vegetables and eggs which help me obtain most vitamins and minerals as I was consuming enough or slightly over Daily Reference Intake values for adults. My diet is overall balanced as I am meeting the guidelines for percent of calories eaten in carbohydrates, protein, and overall fats. I also consume enough Vitamin A, C, E, B12, and folate.

The areas of my diet that need improvement are my caloric intake, my vitamin D, calcium, and potassium intake, my fiber intake, my saturated fat intake and my cholesterol intake. Overall, I need to increase my caloric intake. I need to increase vitamin D, calcium,

potassium, fiber, and saturated fat intake. On the other hand, I need to reduce my cholesterol intake.

My plan for future dietary change is to increase my caloric intake by preparing snacks of nuts, fresh fruits and vegetables, & and sandwiches with whole grain bread with chia seeds mixed into almond butter to take with me to campus. Although I need to consume more vitamin D and Calcium, I will not do this by increasing dairy intake as I am lactose intolerant. Rather, I will incorporate soy and almond milk into my diet by drinking one of them with breakfast and dinner. In one cup of almond milk, there is 516 mg of Calcium (close to my current total calcium intake) and in one cup of soy milk there is 299 mg of calcium and 80 calories. I may need to incorporate Vitamin D and Calcium chew supplements into my diet again to make sure I am getting enough of both to support bone health and prevent injury. I will continue eating fresh fruits and vegetables and will try to incorporate more squash, potatoes, spinach, nuts and seeds, and fish in my diet. I will reduce my cholesterol intake by eating fewer red meats.

My nutrient report has made me more aware of not only the deficits of my diet at school, but also the positive attributes of my diet. Although I was previously aware that I would always lose weight while away at school, I now have specific numbers that correlate with this weight loss. Beyond just caloric intake, it has made me aware of deficits and surpluses of micronutrients in my diet. My recommended caloric intake can help me gain weight back if I choose, or at least strive to maintain my current weight. Micronutrient information will allow me to make smarter decisions when it comes to meal planning and guide my grocery shopping.