

Nutrient Analysis of Diet Activity

Name:

Foods

Course:

Introduction:

Analyzing what you have eaten can give you a better idea of what your diet looks like in reality and helps you to figure out if you are meeting the needs for your body and lifestyle.

In order to analyze your diet, you will keep a 3-day food diary. Then, using the Cronometer website, you will conduct your own dietary analysis. Once you have feedback from the analysis, you will interpret your findings and decide what kinds of changes you might make to improve your own dietary habits.

Goals

- To accurately record the foods you eat
- To input data accurately into the Cronometer program for analysis
- To analyze your food record using several different tools
- To determine what changes you can make to improve your own diet

Instructions:

Part 1 – Food Diary (3-day food diary): Record everything you eat and drink for 3 days (RECORD 2 WEEK DAYS and 1 WEEKEND DAY). It is very important that you RECORD EVERYTHING (even water) – every sip, nibble, taste, and snack – and provide as much detail as you possibly can about the foods and beverages you consume.

It is recommended that you carry your food record with you (use your phone!) and record foods and beverages as you eat them. Because very detailed information is needed, you are encouraged to record throughout the day so that no foods or descriptive details are excluded.

The type of information needed on food records includes:

Time:

Record the approximate time you consumed a food, beverage, meal, or snack.

Food Item:

Please be as specific as possible. Include complete brand names, food preparation methods (i.e., grilled, baked, deep-fat fried, etc), type (i.e., Macintosh apple, ground sirloin beef patty made with 80% lean beef) and any other information that accurately describes what you ate or drank (i.e. frosted cake, cinnamon raisin bagel). If you eat at a restaurant be specific: KFC fried chicken sandwich with Medium Fries and small diet lemonade.

***Be sure to include foods commonly added to other foods such as milk or cream in coffee, butter or margarine on bread, sugar on cereal, mayonnaise on sandwiches, ketchup on fries or dressing on salads.

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Amount & Portion Size

For items that can be counted, record the number (i.e., slices of bread).

For most liquids, record as ounces, cups or fractions of cups, tablespoons or teaspoons (i.e., 8-ounce carton of milk, 6-ounce glass of orange juice, 12-ounce can of Diet Coke, 2 tablespoons syrup, 1 teaspoon soy sauce).

For other items that can be measured, record as cups or fractions of cups (i.e., 1 cup corn flakes, $\frac{1}{2}$ cup cooked rice, $\frac{1}{2}$ cup spaghetti sauce).

For items that can't be easily measured, describe size with as much detail as possible. For example, a pork chop might be 4 inches long by 3 inches wide by $\frac{1}{2}$ inch thick with no bone.

For packaged items, serving size descriptions on the package can help (i.e., 6 ounces yogurt, 1 ounce pretzels, 4 ounces tuna, 9-ounce entrée).

Accurately determining portion sizes and amounts

The most accurate way to determine portion size is to weigh and measure foods and beverages using measuring cups and spoons. The following guidelines will assist you in choosing how to describe and measure portion sizes.

Foods	Measure and Describe with
Vegetables, fruit cup, pasta, rice, casseroles, ice cream, pudding, margarine, and all liquids (beverages, soups, gravies, salad dressing)	measuring cups (C), teaspoons (tsp), Tablespoons (Tbsp) or millilitres (ml)
Any solid food such as meat, cheese, or frozen entrees	weight in grams (g) or ounces (oz) OR measure with a ruler and give dimensions
Melons	fraction of the whole, giving diameter (D) (Ex: $\frac{1}{4}$ of 6" D cantaloupe)

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Sphere-shaped foods such as apples, rolls, or muffins	diameter (D) (Ex: 3" D apple, 4" D muffin)
Cylindrical or disk-shaped foods such as hamburger patties, slices of bologna, tortillas, pizza, layer cake, pie	diameter (D), thickness and fraction of the whole (Ex: whole 3" D hamburger patty, ½" thick; 1/8 of 12"D pizza, ¼" thick)
Brownies, lasagna, cheese cubes	length (L), height (H) and width (W) (Ex: 4" L x 2" H x 3" W piece of lasagna)

Guesstimating" Guidelines

Since measuring is not always possible or practical, there are times when "guesstimating" will suffice. Use the following guidelines to help you determine portion sizes when you're not able to weigh or measure.

- A woman's fist is about a cup.
- A man's fist is about 1-1/2 cups.
- The cupped palm of an adult's fist holds about 1/2 cup.
- 3 ounces of cooked meat is similar in size to a standard deck of cards.
- A 1-ounce meatball is approximately the size of a golf ball.
- A McDonald's plain hamburger patty is 2 ounces of cooked meat.
- A Kraft American single is a 1-ounce slice of processed cheese.
- The standard slice of bologna is 1 ounce.
- A package of peanuts that you would get on an airplane is a 1-ounce package.

Part 2 - Diet Analysis:

Once food consumption data has been collected for all 3 days, it is entered into a database program that calculates intake of calories, vitamins/minerals, etc. Most of these nutrient analysis programs are based on the United States Department of Agriculture Nutrient Database. Many of these programs also compare the data from an individual to standards, such as the Dietary Reference Intakes (DRIs). The Crono-meter makes these comparisons and others. Using the tracker software can eliminate arithmetic errors, but the information that comes out is only as good as the data that is entered.

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Cronometer Account Setup Process

1. Navigate to Cronometer.com
2. Click "Sign up for free" on home page
3. Create your account using your preferred email address and password (make sure to hold on to these for future use)
4. Complete "Your Body Type"
5. Check box next to "I agree to the cronometer.com Terms of Service"
6. Click "Create Account"
7. You should now receive an email from Cronometer asking you to verify your account
8. Navigate to your email and click on the link provided in the email
9. Your account should now be active

How to Input Sample Food Diary

1. Once logged in, click "Add Food" near the top left of your account's homepage
2. Using your Food diary, enter in the first item that you consumed
3. Click the option that **best** describes the food and drink item.
4. Near the bottom of the screen, enter the number of servings as well as the serving size unit (failure to specify correct servings and serving size units will skew the results of the Nutrition Report)
5. Click "Add serving"
6. Repeat steps 2-5 until all food and drinks have been entered, changing the date at the top left as necessary.
7. After all 3 days worth of consumption have been entered, click on "Trends" and then "Nutrition Report". Here it will give you an idea of which areas you are low, high or just right in the recommended intake of nutrients in your diet.

Part 3 – Comparison and Reflection:

A rough idea of the quality of your diet can be obtained by analyzing the information provided in the Dietary Guideline (DG) standards.

Using the summary report, discuss what macronutrients you have met and which you have not met. Similarly, using your Nutrients Report, describe the micro nutrients (vitamins and minerals) that you met and the ones that you did not meet.

Once you have analyzed your comparisons, explain what you have learned and describe the **specific** dietary changes you would need to make in order to meet the recommendations. Be specific and tell what types of foods you would add or reduce in your diet and how you might change your overall eating habits.