

Instructions for Dietary Analysis Assignment
KIN 260
Human Nutrition
School of Kinesiology
University of the Fraser Valley

Important Information:

- To be submitted ONLINE on BLACKBOARD under the Assignments tab
- Total marks: 100 (20% of entire course grade)
- Diet Analysis due July 27th 2020 before 11:59 pm (allow yourself sufficient time to submit)
- Late Submission Penalty: 10% off each day late. Assignment will not be marked if submitted 3 days past the due date.

- Submission Format: SINGLE .PDF DOCUMENT (filename: "DA_KIN260_Name_ID")

- Title Page should include:
 - Student Name and ID
 - Course and Section
 - Assignment: Dietary Analysis
 - School of Kinesiology, UFV
 - *Statement: This is to acknowledge that I have submitted this assignment as original work completed solely by me as a registered student for KIN260 Nutrition course.*

- Quick Submission Checklist:
 - ✓ Step 1: (20 marks) Diet Diary (filled out for the 3 days)
 - ✓ Step 2a: (10 marks) MyDietAnalysis report called MyFoodList
 - ✓ Step 2b: (20 marks) MyDietAnalysis report called Actual vs Recommended Intake for Day 1, 2, 3 and a 3 day average
 - ✓ Step 3: (40 marks) Diet Reflection Document (Filled)
 - ✓ Step 4: (10 marks) Marks allotted for: ability to follow instructions well; correct format i.e. single PDF, style, font where indicated; in-text citations and reference list in MLA/APA style; overall writing quality and presentation of work.

Note: Please do not provide any additional reports from the software that were not requested.

Assignment Objectives:

- To understand and get familiar with the practical aspects of a dietary analysis.
- To understand and be able to discuss your specific nutritional needs and your dietary adequacies and inadequacies.
- To become familiar with the: nutrient content of foods, need for nutritional supplementation, and various nutritional recommendations.
- To understand when nutritional intake is sub-optimal (i.e. deficient or excessive) and the repercussions of it.

Software Required

- MyDietAnalysis software
- Class ID for diet software: avleen.randhawa@ufv.ca:nutritionsummer2020 OR nutritionsummer2020
- Note: We will only be using the software to generate report and to save them in our computer folder. The software should not be used to submit any work you compile.

Procedure Summary

- Begin by creating a folder on your laptop or computer for Diet Analysis Assignment where you will plan to put all the files you create or download from the Diet Analysis Software. This will keep you organized, and when you are finally ready to submit your work, you won't miss anything.
- The entire assignment should be typewritten (not handwritten)
- You will record your food intake for three days, and then over the balance of the semester, you will analyze and discuss the results through this assignment.

Dietary Submission Format

- All submissions for the dietary analysis will be done online on Blackboard (and therefore, paperlessly).
- In order to submit an assignment, go to the Blackboard website for KIN 260. Scroll down to "Dietary Analysis Assignment". Go to "Assignment Files" and attach your submission and click Submit. DOUBLE CHECK: correct file, format and filename.
- Remember once that you have submitted your assignment for marking, it is submitted, and you will not be able to edit it.

Step 1. Creating a Diet Diary

What do I submit?

Diet Diary provided on Blackboard (filled out for the 3 days) – 20 marks

How do I compile this?

- Approximate time frame 5-7 hours
- Submit 3 Diet Diaries (one for each day assessed)
- Record what you eat for three days using Diet Diary. The days don't have to be consecutive. Try as much as you can to make food choices that are typical for you. Do not try to make an "optimal" diet; I am more interested in you assessing your "normal" diet. Please be detailed with the ingredients used so that the analysis is accurate.
- Use a separate page of the Diet Diary for each day; make sure to record the date on each one. (Three pages are all included in one document, and it will expand as you type, so you shouldn't need more than one file of Diet Diary – the format of the table can be adjusted as you type – feel free to modify it).
- Provide details: Include all foods, ingredients, water and beverages (tea, coffee, alcohol consumed; record the time they were consumed, quantities consumed, methods of preparation, your reason(s) for the food choice, and what you were doing at the time of eating or drinking. Please ensure that all quantities/volumes have similar units (for example, water, juice, coffee should all have "ml" as units, while solids should be recorded using grams (g) or milligrams (mg). For semisolid foods (yogurt, oatmeal etc.) use the measurement on the side of the container "ml" or "mg". Google for conversions if needed.
- Pay particular attention to serving sizes and measure these whenever you can
 - eg. 1 oz of cheese is approx. a 1 and 1/2 inch cube
 - eg. 1 serving of meat is the size of a deck of cards (about 2.5 oz)
 - eg. how many cups of pasta, cereal, milk did I eat?
 - eg. how many oz or g was that bag of potato chips?
- Mixed foods present problems – figure out the amount of each ingredient in the entire dish and divide by the number of servings in the dish
- Pay attention to added foods – oil used for stir frying, butter on potatoes, salad dressing on your salad
- *See sample Diet Diary components on the next page, and note the details for each food as well as a comparison with a less intensive food such as granola bar. Such details are expected in order to receive a full mark. There may be certain foods such as granola bar or an apple that may not require extensive details, and this is acceptable as a natural part of our food intake. Please do not intentionally change food choices, as we are trying to ensure the most natural eating patterns are captured by the Diet Analysis.*

Time	Food consumed	Amounts	Activity at time of eating/Reason for food choice	Preparation
8:15am	Smoothie and Avocado Toast	• 1 cup(235ml) No Name brand mango chunks imperfect • 5 tbsp of vanilla Oikos Greek yogurt • ½ cup Silk Vanilla Almond milk • 1 piece of Dempster's whole wheat toast • 1/4 avocado smashed, with 1 tbsp of everything but the bagel seasoning	My work shift for the day begins at 8:30 AM and I chose to eat this for breakfast to maintain my healthy diet and provide myself with nutrients that would make me feel full.	Blended ingredients together for the smoothie. For the avocado toast, I toasted the bread in a toaster and used a fork to smash ¼ of the avocado evenly across toast and sprinkled everything but the bagel seasoning on top spread out.
1:15pm	Teriyaki Chicken Rice Bowl	Teriyaki sauce • 1/2 cup low-sodium soy sauce • 1/2 cup water • 3 Tbsp packed light-brown sugar • 2 Tbsp honey • 3 cloves garlic minced (1 Tbsp) • 1 Tbsp minced ginger • 1 Tbsp rice vinegar • 1 1/2 Tbsp cornstarch Chicken, veggies and rice • 2 1/2 Tbsp olive oil, divided • 150 grams boneless skinless chicken breasts • 1 tbsp Ground black pepper • ¼ cup matchstick carrots • 2 1/2 cups small diced broccoli florets • 2 cups brown rice • 2 tbsp Sesame seeds • 0.5 lemon	A client had cancelled her appointment with the physiotherapist; therefore, this was the only break I really had to eat my lunch.	Combined ingredients of teriyaki sauce and placed them on a non-stick saucepan letting it boil briefly for 2 minutes and then letting it sit aside and thicken. For the chicken: Marinated the chicken with 1 tbsp ground black pepper and 0.5 lemon squeezed and let it sit for 30 minutes in a bag. Placed the chicken on a nonstick pan and grilled it using the 1.5 tbsp of olive oil until fully cooked. For the vegetables: I used the remaining 1.0 tbsp of olive oil to lightly crisp up the broccoli and carrots. This ended up making 4 meal prepped meals which I used throughout the next few days for
11:30am	Nature Valley Granola bar	1 pre-packaged granola bar	Ate because it was easily accessible to eat on the go between clients.	Unwrapped the granola bar.

Step 2a and 2b. Diet Analysis Software – food reports

What do I submit?

- ✓ MyDietAnalysis report called MyFoodList – 10 marks
- ✓ MyDietAnalysis report called Actual vs Recommended Intake for Day 1, 2, 3 and a 3 day average - 20 marks

How do I compile this?

- Approximate time frame 4 hours
- You will begin by creating your profile (see sample image below).

The screenshot shows the 'Profile Summary' page for a user named Robin Smith. The page includes a sidebar with options: View DRI, Edit Profile, and Delete Profile. The main content area displays personal information: Birthdate (01/01/1991), Gender (Male), Height (6 feet 0 inches), Weight (180 pounds), Weight Gain/Loss (Maintain current weight), and Activity Level (Active). Below this is a table with tabs for Days 1 through 7. The 'Day 1' tab is selected, showing a table with 'Actual' and 'Recommended' values for Calories, Carbohydrates, Protein, and Fat.

	Actual	Recommended
Calories		3,251
Carbohydrates		447
Protein		65.3
Fat		101.1

- Once your profile is ready, you will start entering all foods, all ingredients, all amounts from your Diet Diary into the software for analysis. To do this: click the Diet Tracker tab right next to the Profile tab on the software's main page (see sample image below).

The screenshot shows the 'Diet Tracker - Day 1' page. It features a sidebar with tabs for Home, Profiles, Diet Tracker (selected), Activity Tracker, Reports, My Class, and Help. The main content area has a header for 'Diet Tracker - Day 1' and a sub-header with tabs for Days 1 through 7. Below this is a form with a 'Name This Day' field (containing 'Day 1'), an 'Add Food' search bar (with a search button and an information icon), and two buttons: 'Fast Entry' and 'Create a new food'. At the bottom, there is a 'Save Changes' button.

- Input your food intake by day into the diet analysis program. Do not input any supplements (including protein powder) you might be taking (although you should record them somewhere else, as you will discuss them later). The goal is to assess and analyze your food choices first, so that you can determine if supplements are warranted.
- Remember that your analysis will only be as good as the data you input. It is recommended you familiarize yourself with the diet analysis program and how to input data prior to recording your food intakes.

What if I can't find the food I included in my Diet Diary?

- Option 1: If you have trouble finding the foods you eat in the program database, you most likely will find the food on the USDA food composition database [here](#). This food composition can be entered into the software by clicking: Diet Tracker → Create New Food → Add New Food
- Option 2: If you have a unique recipe and would like to include this in your assessment, you can choose to create a recipe by simply putting all the ingredients. This can be create by clicking: Diet Tracker → Create New Food → Add New Recipe

See sample image below:

MyDietAnalysis

Home Profiles **Diet Tracker** Activity Tracker Reports My Class Help

Profile: [Robin Smith](#) 6 ft 0 in 180lb Maintain Current Weight Active

Diet Tracker: My Foods

Click **Add New Food** to add an individual food item or **Add New Recipe** to add an entire recipe. You can go back and edit your entries at any time.

[Add New Food](#) [Add New Recipe](#)

My Recipes

Banana Bread	Delete
Roti	Delete

- Keep a record of your activity so that you can estimate your activity level.

What does the Diet Analysis software do?

- The diet analysis program compares your nutrient intakes to the DRIs (RDAs or AIs).
- Once you have finished, the software will add up totals for each nutrient for each day and calculate your three-day average intake for each nutrient.
- Hand in the list of foods that you put into the program (under Reports – MyFoodList in MyDietAnalysis).
- Tables for nutrient content in your diet compared to the recommended intakes for each day, as well as for the mean of the 3 days (under Reports – Actual Intake vs Recommended Intake in MyDietAnalysis for Day 1, 2, 3 and a 3 day average).
- The foods and ALL ingredients with matching amounts from your Diet Diary must be included in your MyFoodList.

Step 3: Diet Reflection

What do I submit?

- ✓ Step 3: (40 marks) Diet Reflection Document (Filled)

How do I compile this?

- Fill out the Diet Reflection document and follow all the instructions provided in the document.

Step 4: Format style - See page 1 of this document

All the best!