

Instructions for the Written Assignment: Food Diary and Nutritional Self-Assessment Paper*

*(This paper is confidential; it is not shared. It is for learning purposes only.)

In your written paper, include the following. **These are guidelines to help you write your paper**, please refer to your **rubric** to see how you will be graded for this assignment.

1. Calculate your weight based on the BMI formula and the Hamwi method. Include your calculations in your paper.
 - Analyze your place on the BMI and Hamwi scales in terms of health. Based on these numbers, how healthy are you?
 - Use at least one source other than your class text to provide documentation and references to support your position.
2. Analyze your nutritional intake. Compare your intake of food and nutrients to the recommended RDA. Refer to the nutrient report spreadsheet percentages that you recorded.
 1. Where do most of your calories come from fats, proteins, or carbohydrates? Provide examples.
 2. Do you see any excesses or deficiencies among any of the nutrients? Explain.
 3. What patterns do you see?
 4. Would you classify your diet as well-balanced based on this information? Why or why not?
 5. Provide nutritional information for all foods contained in our food diary including the serving size, amount consumed, total calories, total fat calories, total carbohydrates calories, total protein calories, grams of sodium, vitamins, and minerals in the nutrient spreadsheet. Provide detailed situational information including where you were when you were eating the food, what you were doing, and why you chose to eat what you ate (convenience, habit, intentional, etc.).
3. Provide an analysis of **each nutrient** listed on the nutrient spreadsheet: CHO, PRO, Fat, Na, phos, K, calcium, vit A, vit C, and iron.) How close to the RDA were you for each nutrient? Which nutrients did you over consumer, which ones were missing? See page 9 of the SAMPLE PAPER to see how you should analyze your nutrient in-take.
4. What medications are you taking and what are their nutritional side effects? Do they need to be taken with food/away from food, at night only, day? If you do not take any medications, please state so in your paper. Include at least 1 reference to support position.
5. Reflect on the emotions you recorded **each time** you ate. Analyze how your feelings affected your nutrition and how your nutrition affected your mood.
 - Do you see any patterns? Explain.

- Did your activity level have any effect on your mood or nutrition choices? Explain.
 - Are these three days indicative of your normal emotions, or are these three days unique? Explain.
 - Did you eat more after not eating all day, or did you choose less healthy foods?
6. Identify and explain physical and/or medical conditions (chronic pain, disease, allergies, mental health, and disability) that affect your diet, nutrient, or drug intake. If you have no medical conditions, you may choose a friend or family member to describe. (Please maintain confidentiality.)
- How much influence does your physical/medical condition have on your nutritional choices?
 - How much influence does your physical/medical condition have on your activity level?
 - What conclusions can you draw between the diet and the medical condition?
7. Identify religious and/or cultural influences that affect your dietary choices. If you have no religious and/or cultural influences, you may choose a friend or family member to describe. (Please maintain confidentiality.)
- Do any of them **positively** affect your health? Provide specific examples and situations.
 - Do any of them **negatively** affect your health? Provide specific examples and situations.
 - Discuss both positives and negatives, if none, then state none.
8. Develop a diet plan that best suits your actual dietary needs based on your height, weight, BMI, culture, religion, activity level, overall health, and drug use. Use SMART goals (specific, measurable, attainable, realistic, and time frame):
- What calorie, nutrient, and drug intake changes will you make? Explain.
 - What lifestyle changes will you specifically make, if any?
 - Does your activity level need to change? If so, how?
 - Explain how the diet plan will benefit you.
 - Explain how you plan to implement the changes you want to make.
 - Provide at least one academic source/reference in support of your diet plan.
9. 3 SMART GOALS: Define one realistic short-term diet plan goal (3 weeks) and two realistic long-term diet plan goals (6 months).
1. Note: You may not use daily vitamins to replace a nutrient as one of your goals. Your goals must be related to real foods and activities.
- What obstacles do you anticipate in meeting your goals? Explain.