

Nutrition Written Assignment Instructions

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

1. 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. Enter all food and liquid consumption into a nutritional tracking site or an android/iPhone application such as Fitbit.com. The Fitbit.com app or website is recommended but you can also use the application of your choice. Detailed instructions: [How To Log Food Using Fitbit](#)
3. 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.
4. Here is an article from the Fitbit website that contains instructions on how to access your macronutrient charts using the APP. [How to Track Macros in Your Fitbit App](#)
5. After you access your charts, take a [screenshot](#) and then email it to yourself. You'll then be able to include it in your paper.
6. Determine if your consumption of protein, carbohydrate, and fat are within recommended guidelines found here [Nutritional Guidelines Link](#)
7. Compare your results to the Nutritional Guidelines Link and describe what adjustment should be made to improve body composition.
8. Submit a 500-word written analysis of what you learned. Your paper will follow APA guidelines.
 - a. [Click Here for a video to help with APA Format](#)
 - b. [Click Here for Link for APA Guidelines](#)

Please see below on the next page for the Grading Rubric



Grading Rubric: 100 points.

5 Points	Save your Nutrition Paper as your First and Last Name. Example John Doe
5 Points	Cover Page
5 Points	Only One document. Not multiple documents. Do not include graphs in separate documents. Your graphs must be inserted to your written document.
5 Points	Works Cited and/or Reference Page
10 Points	Same layout as Sample Paper. Must include all of these sections Nutritional Write Up, Initial Thoughts, What I Learned, Concluding Remarks
10 Points	3-day log and % consumption report
10 Points	500 word minimum write-up
10 Points	Grammar and Sentence Structure
10 Points	Charts and Graphs from the fitness app
10 Points	Personal Consumption Analysis
10 Points	Comparison to Nutritional Guidelines
10 Points	Application to Body Composition