

York College
The City University of New York
School of Health Sciences & Professional Programs
Department of Health & Human Performance
HE 314 Nutrition and Health

Homework #2. Reading Food Label, Dietary Fiber, and Introduction to 24-hour Dietary Recall

The purpose of the homework assignment #2 are as of follows:

1. Review: how to calculate calories from grams of carbohydrate, fats, and protein in a food label?
2. Review: How to calculate total calories and to identify correct reporting of calories in food based on the Food Drug Administration Regulations?
3. NEW: Apply Daily Value Percentage (DV%) to interpret the DV% for dietary fiber of a product and demonstrate how to calculate grams of dietary fiber to DV% of the recommended dietary guidelines or vice-versa.
4. NEW: Complete a 24-hour dietary Recall using technological application.

Grading Criteria.

Weekly Homework Assignment Grading Rubric	Grade
Students completed <u>all</u> components of the task accurately and clearly. Substantive responses posted.	9 to 10
Student completed <u>some</u> of the task correctly but did not communicate his or her ideas clearly and/or did not post a substantive response.	3 to 8
Student's post was irrelevant, unclear, unedited or student did not respond with anything of value. Student missed the submission date.	0 to 2
Student Reflection	Grade
Reflection entry is thoughtful, carefully written, and demonstrates self-reflection with regard to the topic.	5
Reflection entry is thoughtful, carefully written, and generally demonstrates self-reflection with regard to the topic.	4 to 3
Reflection entry shows lapses in care and depth of understanding the task at hand.	2 to 1
Reflection entry is not thoughtfully written and does not suggest that the subject has been taken seriously.	0

Directions: Read and answer the following questions in detail.

Question #1. The figure below is a nutritional fact label of an 18 oz Quaker Oats Heart Healthy Quick 1-minute Oats food label (include all appropriate units and details).

Nutrition Facts
 About 13 servings per container
Serving size 1/2 cup dry (40g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	13%
Soluble Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	

Vitamin D 0mcg 0% • Calcium 20mg 0%
 Iron 1.5mg 8% • Potassium 150mg 2%
 Thiamin 0.2mg 15% • Phosphorus 130mg 10%
 Magnesium 40mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Whole grain rolled oats.

DISTRIBUTED BY:
 THE QUAKER OATS COMPANY P.O. BOX 049003
 CHICAGO, IL 60604-9003 U.S.A.
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Your role is to read and discuss the label.

- 1) Read the food label.
- 2) Explain the major components of a food label.
 - a. Discuss Serving Information.
 - b. Discuss Calories of this product.
 - c. Explain what % Daily Value means for all nutrients. (specify DV% for energy requirements or DV% for nutrient requirements?)
 - d. Explain why some nutrients do not have % Daily Value.
 - e. Discuss the expected quantity of each ingredient listed.

3) If a person consumes two servings, what, then, would be the Daily Value changes for each? Second, discuss why the increase in DV% matters for each nutrient in terms of the 2000 caloric recommended value?

** You may use chart to show changes in DV% for each nutrient and it is expected that student will explain the chart as guide to assist in writing in the student's own words.

Nutrients	1 serving (DV%)	2 servings ((DV%)
Serving Size	½ cups dry (40g)	2 cups dry (60g)
Calories	150 kcal	300 kcal
Total Fat	4%	8%
Cholesterol		
Sodium		
Etc. (include all)		

4) Focusing on dietary fiber. If a person decided to consume a serving that carries 10 grams of dietary fiber on this product, calculate how much will be the equivalent DV%? (Note: Converting grams of dietary fiber to %DV)

5) If a person wants to know how close he or she to reach the 100% of DV from dietary fiber of this product, how much grams of dietary fiber needed to be consumed? (Note: Converting %DV to grams of dietary fiber.)

Question #2. Fill out a 24-hour dietary recall.

Direction.

1. Review the instructions before accessing the website below.
2. Visit this website: <https://asa24.nci.nih.gov/demo/> and select "Launch Demo ASA24-2020. (It is free and no registration needed. If there is an issue, where the website asks you for username/password, you can either refresh your screen or reopen a new web browser and click the link again).
3. Make sure to select English and then follow the prompt.
4. **When you completed your 24-hour dietary recall, save the file as pdf with file name: "Last name_First name_HW 2 24-hour dietary recall" When you are about to submit Homework #2, make sure two files are attached. (Answers to HW and PDF of your 24-hour dietary recall.)**
5. For the rest of the semester, you will be filling out a 24-hour dietary recall each week and the class will be using all dietary recall entries to support each module homework assignments. (Your 24-hour dietary recall entries will be only seen by the professor and you.)
6. Ensure that you are filling-out the 24-hour dietary recall as accurate and detailed as possible based on your 24-hour food/beverages consumption. A good example of completed 24-hour dietary recall is found in the Homework Folder. If the 24-hour dietary recall entries lack consistency and information, answering the questions related to your 24-hour dietary recall could be difficult.

Student Reflection.

Now that you have completed the activities in Module #3, in concise, well-planned sentences, answer the questions below:

1. In your own words, list at least 3 of the most significant (central, useful, meaningful, or surprising) information that you have learned during this module.
2. Discuss your experience after completing a 24-hour dietary recall? What are some challenges you experienced and some factors that may affect the validity and reliability of your report?
3. Is there anything that you did not understand in this module? And explain which approach you will take to fill the gap of understanding?