

Diet Analysis Project

You are to keep a journal/log of food intake for 7 consecutive days and then enter the data into MyDietAnalysis on the Mastering Nutrition website. In the Mastering Nutrition website, select MyDietAnalysis from the side menu and open it. For step-by-step directions select the question mark in the circle at the top of the page and then select “Getting Started with MyDietAnalysis”.

Your first step will be setting up a profile. To get an accurate analysis be honest in your profile. To get a current analysis, you should eat the foods and quantities you normally eat. Enter all of your meal information in the Diet Tracker – **be careful to enter the quantities correctly!** After entering all 7 days, select the Report tab from the top menu bar. Many different reports are available for you to analyze different aspects of your diet. Review all reports of interest to you. Only the “Actual Intakes vs. Recommended Intakes” report needs to be included with your Diet Analysis report that you upload into D2L. Be sure to select all 7 days and all meals, select PDF, and then select Download.

The screenshot shows the 'Actual Intakes -vs- Recommended Intakes' report interface. At the top, there is a title and a brief instruction: 'Select days and meals then update report. Use buttons on top of report to annotate and share. Reports automatically update when you change settings.' Below this, there are two dropdown menus: 'Days covered in report' (set to 'All days') and 'Meals covered in report' (set to 'All meals'). These two dropdowns are enclosed in a red rectangular box. Below the dropdowns, there is a 'Format' section with a dropdown menu set to 'PDF' and an 'Add note' button. The 'PDF' dropdown is pointed to by a red arrow. To the right of the 'Format' section, there are three buttons: 'Download', 'Email', and 'Print'. The 'Download' button is enclosed in a red oval, and a red arrow points to it from above.

Your report will open in a .pdf document. Look at the Percent column and **select 3 nutrients on your report that were either deficient or in excess**. Select excess only if it is over the amount that the report says it should not exceed.

Note: If you decide to use a website other than Pearson's Mastering Nutrition for this project, be sure that it tracks all macronutrients and micronutrients and that a downloadable report is available.

Write a 5 paragraph paper based on your report. **Use the following format:**

Introduction paragraph describing the approach you take with your meal planning. For example, do you just eat what, where, and when it is convenient or do you have a particular meal planning strategy (for example all organic, low carb, etc.), a particular weight loss plan (for example Weight Watchers, Nutrisystem, etc.), or life style diet (for example vegetarian, Mediterranean, etc.)? Are there food you avoid due to allergies or disorders? Clearly state what you expected your analysis to show before you started the project.

One paragraph for each of the 3 nutrients you selected from your Actual Intakes vs. Recommended Intakes report. In each paragraph, state the nutrient and if you were deficient or in excess. Describe the function of that nutrient in the body. State what affect the deficiency or excess

(which ever you had) may have on your health. Give dietary modifications you could make to correct the deficiency or excess. *Note: If you do not have 3 nutrients in either excess or deficiency, please contact me so we can discuss modifying these paragraphs.*

Conclusion paragraph summarizing your **total** findings (for example mention macronutrients and micronutrients you were deficient in and had in excess). **Clearly** state if your results matched your expectations. Clearly state if you are satisfied with your diet over all, and why or why not. If not satisfied, suggest changes that you could make and what outcome you would expect from these changes.

This paper will be turned in for 10% of the grade in a college level course. Be sure to write in grammatically correct English, write clearly, and in logical order. If you need assistance with writing, please use the free writing resources available at The Write Place (G103, (936) 273-7055, TheWritePlace@lonestar.edu). Please view the grading rubric below so that you understand how the paper will be graded.

Submit your written paper *and* the **Actual Intakes vs. Recommended Intakes PDF** (the pdf is required; your paper will not be graded unless this is included) before the due date. You may turn your paper in early, but **NO late papers will be accepted.**

Project Grading Rubric			
		Possible Points	Your Score
Introduction	Describes diet planning strategy	0 - 5	
	Clearly states the expected results	0 - 5	
Body	Nutrient 1		
	• <i>Function in the body</i>	0 - 5	
	• <i>Deficiency / excess effect on health</i>	0 - 10	
	• <i>Dietary modifications to correct</i>	0 - 10	
	Nutrient 2		
	• <i>Function in the body</i>	0 - 5	
	• <i>Deficiency / excess effect on health</i>	0 - 10	
	• <i>Dietary modifications to correct</i>	0 - 10	
	Nutrient 3		
	• <i>Function in the body</i>	0 - 5	
	• <i>Deficiency / excess effect on health</i>	0 - 10	
	• <i>Dietary modifications to correct</i>	0 - 10	
Conclusions	Summary of total report	0 - 5	
	Clearly states if results matched expectations, level of satisfaction level and reasoning	0 - 10	
Your Score:		0 - 100	
Poor grammar, excessive spelling and/or punctuation mistakes, etc.		Up to 15 points off	

Final Score:	
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