



I. Does Your Diet Meet Nutrient Needs, Food Guide Pyramid Recommendations, and the Dietary Guidelines?

Complete either Part I or Part II. Then complete Parts III, IV, and V. (For help in following the instructions for this activity, see the sample assessment in Appendix E.)

Part I

Manual RDA Analysis

- Take the information from the 1-day food-intake record you completed in Chapter 1 and record it on the blank form provided in Appendix E or by your instructor. Be sure to record the food or drink ingested and the amount (e.g., weight) consumed. Note: Your instructor may require you to keep the food record for more than 1 day.
- Review the various nutrient standards on the inside cover of this book and choose the appropriate recommendations for your gender and age. Write the appropriate value for each nutrient on the line on the form labeled "Nutrient Need."
- Look up the foods and drinks that you listed on the form in the food composition table, Appendix J. Record on the form the amounts of each nutrient and the calorie content, based on the serving size and the number of servings you ate. For example, if you drank 2 cups of milk and the serving size listed in Appendix J is 1 cup, double all nutrient values as you record them. If the food is not listed, choose a substitute, such as cola for root beer.
- For each food and drink, add the amounts in each column and record the results on the line labeled "Totals."
- Compare the totals to your nutrient needs. Divide the total for each nutrient by the specific amount and multiply that by 100. Record the result on the line labeled "% of Nutrient Needs."
- Keep this assessment for use in subsequent activities in other chapters.

Part II

Computer Diet Analysis

- Load the software into the computer, or log on to software website.
- Choose RDAs and related nutrient standards based on your age and gender.
- Enter the information from the 1-day food-intake record you kept in Chapter 1. Be sure to enter each food and drink and the specific amount you ate.
- This software program will give you the following results:
 - The appropriate RDA (or related standard) for each nutrient
 - The total amount of each nutrient and the kcal consumed for the day
 - The percentage intake compared with needs for each nutrient that you consumed
- Keep this assessment for use in subsequent activities in other chapters.

Part III

Evaluation of Nutrient Intakes as a Percentage of Nutrient Needs

Remember that you don't necessarily need to consume your estimated nutrient needs every day. A general standard is meeting needs averaged over 5 to 8 days. It is best not to exceed the Upper Level (if set) over the long term to avoid potential toxic effects for some nutrients.

- For which nutrients did your intakes fall below estimated nutrient needs (i.e., less than 70% of the RDA/AI)?
- For which nutrients did you exceed the Upper Level (if set)?
- What dietary changes could you make to correct or improve your dietary profile? If you're not sure, Chapters 4 through 9 will help guide your decisions.



Part IV

Food Guide Pyramid

Using the same food-intake record used in Part I or II, place each food item in the appropriate group of the Food Guide Pyramid chart in Appendix E. That is, for each food item, indicate how many servings it contributes to each group based on the amount you ate (see Table 2-5 for serving sizes). Note that many of your food choices may contribute to more than one group. For example, toast with margarine contributes to two categories: (1) the breads, cereals, rice, and pasta group; and (2) fats, oils, and sweets. After entering all the values, add the number of servings consumed in each group. Finally, compare your total in each food group with the recommended number of servings shown in Figure 2-4. Enter a minus sign (–) if your total falls below the recommendation or a plus sign (+) if it equals or exceeds the recommendation.

Part V

Further Diet Evaluation

Do the weaknesses, if any, suggested in your nutrient analysis (see Part III) correspond to missing servings in the Food Guide Pyramid chart? If so, consider changing your food choices based on the Food Guide Pyramid to help improve your nutrient profile. Finally, indicate whether your day's diet did or did not conform to the following items in the Dietary Guidelines:

	Yes	No
Aim for Fitness		
• Aim for a healthy weight.	_____	_____
• Be physically active each day.	_____	_____
Build a Healthy Base		
• Let the pyramid guide your food choices.	_____	_____
• Choose a variety of grains daily, especially whole grains.	_____	_____
• Choose a variety of fruits and vegetables daily.	_____	_____
• Keep foods safe to eat.	_____	_____
Choose Sensibly		
• Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.	_____	_____
• Choose beverages and foods to moderate your intake of sugars.	_____	_____
• Choose and prepare foods with less salt.	_____	_____
• If you drink alcoholic beverages, do so in moderation.	_____	_____

If your diet comes up short on any of these evaluations, take appropriate action to improve your eating patterns.

II. Applying the Nutrition Facts Label to Your Daily Food Choices

Imagine that you are at the supermarket looking for a quick meal before a busy evening. In the frozen food section, you find two brands of frozen cheese manicotti (see labels a and b). Which of the two brands would you choose? What information on the Nutrition Facts label in the figure contributed to this decision?



Nutrition Facts	
Serving Size 1 Package (260g)	
Servings Per Container 1	
Amount Per Serving	
Calories 390	Calories from Fat 160
% Daily Value*	
Total Fat 18g	27%
Saturated Fat 9g	45%
<i>Trans</i> Fat 2g	**
Cholesterol 45mg	14%
Sodium 880mg	36%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	15%
Sugars 12g	
Protein 17g	
Vitamin A 10% • Vitamin C 4%	
Calcium 40% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
**Intake of <i>trans</i> fat should be as low as possible.	

(a)

Nutrition Facts	
Serving Size 1 Package (260g)	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
<i>Trans</i> Fat 1g	**
Cholesterol 15mg	4%
Sodium 590mg	24%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 19g	
Vitamin A 10% • Vitamin C 10%	
Calcium 35% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
**Intake of <i>trans</i> fat should be as low as possible.	

(b)