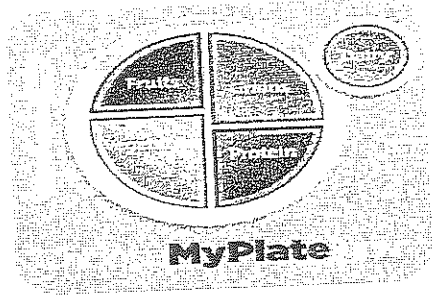
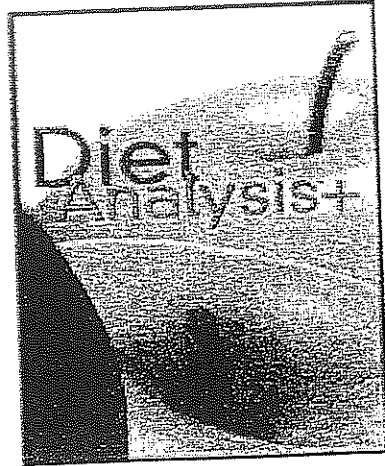


Instructions for Diet Analysis



- Enter website: <http://www.choosemyplate.gov/>
- Click on Super Tracker tab
- Click on Super Tracker in the first paragraph
- LOG IN (*Log in* is located on the far right of the blue bar)
 - If you forgot your password, try to retrieve with secret question
 - If you never logged in, go to *Get Started* and create your profile
- Click on Food Tracker
- Begin typing in foods (one food item at a time) and then click GO
- Select whether the item was eaten at **breakfast, lunch, dinner**, or as a snack and the amount you consumed
- Once all the foods for one day are entered, change date at top and enter foods for that day. (*Change date to yesterday, even if this is not the actual date you tracked for*)
- Once all foods are entered for both days, go to My Reports- OVERVIEW
- Click on Food Groups & Calories Report, enter the dates you entered foods and click on create report; PRINT at the top of screen (NOT under FILE) *Change Print range to 1*
- Go back to the OVERVIEW; Click on Nutrients, enter the dates you entered foods and click on create report; PRINT at the top of screen (NOT under FILE)
- Go back to the OVERVIEW; Click on Meal Summary Report, enter the dates you entered foods, click ALL, and click on create report; PRINT at the top of screen (NOT under FILE)
- Once you have all your print outs, complete the Diet Analysis worksheet



Name: _____

Directions: After entering your food consumption on-line, apply and analyze the information to assist you with your food choices. Here are some guiding questions to help you with this process. Please be sure to provide detail in your answers.

Assessing Calorie Intake:

How many calories (food energy) did you eat for the day? _____

- 1. How many calories should you be eating daily? _____
- 2. Are there any nutrients you are lacking in your diet? Yes or No
- 3. If yes, which ones are needed? _____

4. What foods can be added to improve your nutrition? _____

5. List any nutrients you consume that are over the amount needed: _____

6. What foods can be subtracted from your diet to make it healthier? _____

Assessing Fat Intake:

7. In general, what percent total fat should be consumed? _____

8. According to your nutrient analysis, what percent total fat did you consume? _____

9. Is your percent fat higher, lower, or the right amount you should have? _____

10. What strategies do you use to stay in the healthy range for fat consumption or what strategies do you need to achieve a healthy percent fat? _____

Assessing Carbohydrate Consumption:

12. How many grams of carbohydrate did you consume? _____

13. What percent of carbohydrate did you consume for the day?

_____ g (carbohydrate you ate) X _____ (calories per gram of carbohydrate) = _____

(calories of carbohydrate) ÷ _____ (total daily calories) X 100 = _____%

(percent of total calories from carbohydrate)

Assessing Fiber Intake:

14. How many grams of fiber did you consume for the day? _____

15. 25 grams of fiber are needed each day. List two foods that would be good sources of fiber:

16. Why is fiber important? (the answer may have to be found on-line): _____

Assessing Sodium (salt) Intake:

17. How many mg of sodium are recommended each day? _____ mg

18. How many mg did you consume? _____ mg

