

# LABORATORY 8.1



Complete Lab 8.1 online at  
[www.pearsonhighered.com/powers](http://www.pearsonhighered.com/powers).

Name \_\_\_\_\_ Date \_\_\_\_\_  
Instructor \_\_\_\_\_ Section \_\_\_\_\_

## Analyzing Your Diet

The purpose of this exercise is to analyze your eating habits. For a 3-day period (two weekdays and one weekend day), eat the foods that typically constitute your normal diet. Use the SuperTracker feature on ChooseMyPlate.gov to chart the foods you ate that day and the amounts of each food. Select Food Tracker under Track Food & Activity. You can enter your food or search for the items you ate during the day. After you record your food intake, you can use the dietary analysis features to determine the nutrients in each food, the daily totals, and the average for the 3 days. The nutrient recommendations are based on the information you entered for your age, weight, sex, and activity level.

Select the Food Details report and click the Select All box under nutrients to see the nutrient totals for each day. This report will provide nutrient values for each item that you consumed per day. Next, select the Nutrients report for the average of your calorie and nutrient values over the 3-day period. When you create your profile, your data will be saved in SuperTracker. You can use the site to monitor your diet as you make healthy modifications. You can also print your report or save it to your computer for reference.

Compare your average intake for each of the nutrients with the recommended values based on your age, sex, and activity level. (Remember that this analysis is only as representative of your normal diet as the foods you eat over the 3-day period.) Then answer the following questions:

1. How did you do on calories? Are you taking in more or fewer calories than you should be for your sex, age, and activity level?

\_\_\_\_\_

2. Was your fat, sodium, cholesterol, and empty calorie intake higher than it should be?

\_\_\_\_\_

3. What nutrients did you eat in inadequate amounts?

\_\_\_\_\_

4. What are three substitutions you could have made that would improve the quality of your diet?

\_\_\_\_\_

### RECOMMENDED DIETARY ALLOWANCES\*

- Kcal total (total daily energy expenditure) equals body weight multiplied by kcal per pound per day:

$$\frac{\text{Body weight in lb}}{\text{Body weight in lb}} \times \frac{\text{kcal per lb per day}}{\text{kcal per lb per day (from Table 9.1)}} = \frac{\text{kcal total (total daily energy expenditure)}}{\text{kcal total (total daily energy expenditure)}} \quad \text{Calculate}$$

- Kcal from fat should be no more than 30% of total calories per day:

$$30\% (0.3) \times \frac{\text{kcal per day}}{\text{kcal per day}} = \frac{\text{recommended MAXIMUM kcal from fat}}{\text{recommended MAXIMUM kcal from fat}} \quad \text{Calculate}$$

- Protein intake should be 12% of total calories per day, or 0.8 to 0.9 gram per kilogram (0.36 g per pound) of body weight. (Pregnant women should add 15 g, and lactating women should add 20 g.):

$$0.36 \text{ g} \times \frac{\text{body weight in lb}}{\text{body weight in lb}} = \frac{\text{recommended protein intake}}{\text{recommended protein intake}} \quad \text{Calculate}$$

- Carbohydrate intake should be approximately 58% of total calories per day:

$$58\% (0.58) \times \frac{\text{kcal per day}}{\text{kcal per day}} = \frac{\text{recommended carbohydrate intake}}{\text{recommended carbohydrate intake}} \quad \text{Calculate}$$

Fat <30% of diet; fiber ~30% of diet; saturated fat <10% of diet; cholesterol <300 mg; sodium <3000 mg.

\*See Table 8.5 for vitamin and mineral RDA values.

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.