

LABORATORY 8.3



Complete Lab 8.3 online at www.pearsonhighered.com/powers.

Name _____

Date _____

Instructor _____

Section _____

Planning a New Diet

The purpose of this exercise is to plan a new diet using the principles outlined in this chapter. You can also use the My Plan tool of SuperTracker. This feature will provide general recommendations, and then you can select specific foods to meet those recommendations. After completing Laboratory 8.1, you should have a general idea of how your diet may need modification. Follow the example given in Table 8.6 and the discussion in the text to choose foods to build a new diet that meets the recommended dietary goals presented in this chapter. Fill in the chart below with the requested information obtained from Food-A-Pedia on SuperTracker or from package labels. Use the totals for each column and the RDA for each nutrient in Laboratory 8.1 or Table 8.5 to determine your percentage of RDA for each nutrient.

	kcal (g)	Protein (g)	Sat. Fat (g)	Chol. (mg)	Sod. (mg)	Carb. (g)	Vit. A (IU)	Vit. C (mg)	Ca (mg)	Iron (mg)	GI
Breakfast											
Lunch											
Dinner											
Totals											
RDA	*	<30% [†]	<10%	<300	3000	>58%	1000	60	1200	12	‡
% of RDA											

*See Table 9.1 in Chapter 9 for determination of kcal requirements.

[†]Protein intake should be 0.8 g/kg of body weight (0.36 g/lb). Pregnant women should add 15 g, and lactating women should add 20 g.

[‡]For a complete list of the glycemic index of various foods, visit www.glycemicindex.com

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.