Assignment 4: Nutrition Analysis

PE 9A: Fit or Fat   Name:

OBJECTIVE: Become aware of your food intake. Input 3 days of food intake into the Nutrition/Diet Analysis software of your choice. If you don't have or can't afford one, use University of Illinois' free **Nutrition Analysis Tool and System, aka NATS** (http://nat.crgq.org/ - there is a link to it on my website). If you don't have internet access at home, use the computers in the library or campus computer labs. The following instructions are for NATS. If you don't use NATS, submit a copy of your software's recommended caloric intake, an overall analysis of your intake, and a breakdown analysis of the individual foods you ate.

ENERGY CALCULATOR

In the navigation bar on the left side of the NATS website, click the ***Energy Calculator*** link. Click the ***Daily Calculator*** link. Fill in your demographic information along the top of the ***Daily Calculator***: weight, height, age and gender. In the right column, fill in the number of hours you spend each day in each level of activity (you can do decimals, just remember everything needs to add up to 24 hours). When finished, click ***Calculate Calories*** at the bottom of the page. The button should be replaced by the approximate number of calories per day you should consume. **Print the page** with your ***Total Daily Calories*** displayed.

NATS 2.0

Click the ***NATS VER 2.0*** link in the left navigation bar. Select your ***Age and Gender*** from the drop-down list in the ***Step 1*** first column. In the second ***Step 2*** column, type in a broad term for the first food on your list. Be as general as possible and spell correctly. The database looks for exact matches, so if you type a brand name, it may not have that brand in its records. For example, if you had Oscar Meyer Turkey Breast, type in ***turkey*** for the best chance at finding at least a close match. Click the ***Add Food*** button. By the way, if you had oatmeal, your best bet is to type in ***oat***. The most common type of oatmeal in the US is made from Rolled Oats.

From the list of foods that appears, select the choice that best describes what you ate, then click **Add Selected Food**. On the **Serving Size & Number of Servings** page, select an appropriate serving size from the drop-down menu on the right (if you ate a cup of oatmeal, for example, you'd probably choose *One Cup* as your serving size, as opposed to *One Tablespoon*. Type in the number of servings you ate based on the serving size you selected. For example, if you had two cups of coffee, and you chose one cup as your serving size, then you had two servings.

On the next screen, you can opt to add another food to your list, or select a food from your list and delete it or change the amount, or analyze all your foods. To add a food, type the next food into the box at the top and click **Add Food**, and follow the same steps you took in the previous paragraph. To delete a food from your list, click the radio button next to it in the left column and click **Delete Food** at bottom left. To change the amount of a food, click its radio button in the left column and click the **Change Amount** button at the bottom of the page, and follow the steps for entering the serving size and number of servings.

When you finish entering all your foods, click **Analyze Foods**. Your **Analysis Results** will include totals for your calories, protein, carbohydrates and fats (if you entered food for all three days into one analysis, don't forget to divide by 3 to get your average daily intake). **Print this page**, and then click **Display Nutrients for Individual Foods**. **Print** the individual nutrients page.

Turn in the pages you printed with this sheet...Don't forget to answer these questions!

Answer These Questions

How does your food intake compare with recommendations?

What changes could you make to make your actual intake more closely match your recommended amounts?