Assignment 4: Nutrition Analysis

The goal of this assignment is for you to become aware of your food intake. Input 3 days’ worth of your 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 (there is a link to it on my website) on the web. If you do not have internet access at home, use the computers in the library and computer labs on campus.

The instructions for this assignment are for NATS (Nutrition Analysis Tool and System). If you don’t use NATS, please turn in a copy of your software’s recommended caloric intake, an overall analysis of your actual 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 link to the Energy Calculator. Click the link to the Daily Calculator. Fill in your demographic information along the top of the Daily Calculator: weight, height, age and gender. In the column along the right, 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 you’re finished, click the Calculate Calories button 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 (see sample, left).

NATS 2.0

If you are not on the NATS 2.0 home page, 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, just type in turkey for the best chance at finding at least a close match. Click the Add Food button.

From the list of foods that appears, select the choice that best describes what you ate, then click the Add Selected Food button. 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 the Add Food button, 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 the Delete Food button 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 of your foods, click the Analyze Foods button. 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 the Display Nutrients for Individual Foods button. Print the individual nutrients page.

Turn in the pages you printed with this sheet.

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?