

This is the largest assignment you will complete in this course. This assignment literally takes multiple days to finish. It is a lot of work, but it is extremely valuable. I expect the writing portion of this assignment to be between 3 and 6 pages (when typed and double-spaced). If you are answering all of the questions correctly and fully, you will have no problem writing 3 pages or more. Be sure to spell check your assignment. The rubric for this assignment is found in the beginning of your course supplement packet (it is labeled as assignment #2 in our book). You will need to submit this rubric with your assignment. The diet analysis must be submitted in class on or before the DUE DATE indicated in the course schedule. Take advantage of Delta's WRIT Center!

Reminder: DO NOT CHANGE THE WAY YOU EAT BECAUSE YOU HAVE TO WRITE IT DOWN OR BECAUSE YOU KNOW I WILL BE LOOKING AT IT. Be honest with yourself, and you will learn a lot! The idea is to find out how you are normally fueling your body. I'm not grading your diet, but your analysis.

Part I: Your Diet Record Sheets

1. Write down all of the foods and drinks that you eat for 3 full days on the blue pages in your book, 89-96. Each day needs to be on a separate page, or side of a page. Include one weekend day if you can (we all tend to eat differently on the weekends). Don't include vitamins/minerals/supplements – we're looking at your actual diet. If you think water may need to be one of your "good" diet habits and you want to include it in your paper, you may include water on your blue pages.
 - a. Write down what you ate under the food item box. Be very specific. If you had a slice of pizza, be sure you indicate if it was pepperoni pizza with green peppers.
 - b. In the same box you will write down what pyramid group your food falls under. See www.choosemyplate.gov/food-groups/ for the different pyramid groups. You can abbreviate these groups (i.e. fruit - f, vegetable-v, grain-g, protein-p, dairy-d, discretionary- dis). The discretionary group includes things like condiments, ice cream, candy, cake, and potato chips (though ice cream could also be dairy). NOTE: Some foods may fall under the category of more than one pyramid group. If I ate a baked potato with cheese, bacon, and sour cream I would have to put the following pyramid groups: grain (potato), dairy (cheese), sour cream (discretionary). You could also write each of these items separately on the diet record sheet.
 - c. Itemize those foods that you have nutrition information for individual ingredients. For example:
Turkey Sandwich:
Whole wheat bread...
Mustard...
Spinach...
Turkey...
However, if you have the nutrition information only for the entire sandwich (or whatever food item you ate), just put that information in.
 - d. Next, indicate the serving **amount**. Your nutrition label will let you know what a serving size is, but you'll have to multiply this to get how much you consumed. Just remember that even though you ate "one bag" or drank "one bottle" it does NOT mean you consumed 1 serving. You really need to look at the serving sizes on the labels very closely. If you drink one soda the servings per container could 2.5 or higher. If that is the case, you will have to multiply all the grams by the number of servings you consumed (before recording the number on your blue page). You might also consider using your measuring cups when you pour a bowl of cereal, dish out a bowl of ice cream, or

consume pasta at dinner. On your blue page, put the actual **amount** you consumed (with units), not the serving size. This will come in very handy for Part II of your diet analysis! Be as accurate as possible, and use whatever units are reasonable for your food item.

2. Fill in the corresponding nutrition information from the food label on the package, or look it up on one of the following websites if you don't have it. This includes grams of fiber, saturated fat, total fat, protein, and carbohydrates. **HELPFUL WEBSITES TO FIND NUTRITION FACTS FOR FOODS YOU ATE:**

www.nal.usda.gov/fnic/foodcomp/search.com

www.nutritiondata.com

www.dietfacts.com (good for restaurant info)

www.calorie-count.com/

www.fatcalories.com/ (fast food nutrition facts)

www.foodfacts.info/

www.calorieking.com/foods/

www.fastfoodnutrition.org/

www.mcdonalds.com/usa/eat/nutrition_info.html

www.wendys.com/food/NutritionLanding.jsp

www.thedailyplate.com/

www.acaloriecounter.com/fast-food.php (compares fast food nutrition facts)

www.starbucks.com/retail/nutrition_info.asp

There are many other sites out there also; you can always do a Google search for the food item (search “_____ nutrition facts”). Don't feel limited to those listed here.

3. Once all of your nutrition information is listed, add up your total grams for fiber, saturated fat, total fat, protein, and carbohydrates in the corresponding column at the bottom of each page (day).
4. Multiply the grams of fat, protein, and carbohydrates by the corresponding calories per gram (9, 4, and 4, respectively, as depicted on the page).
5. Add your total fat calories, total protein calories, and total carbohydrate calories together to get your total calories for the day. Place this in the last box, in the bottom right-hand corner of each blue page.
6. Next, once you have written in all of your foods, and filled in all of the numbers across all rows, and in the corresponding columns: Calculate your percentages of the macronutrients by:
 - (Total fat calories ÷ total calories) x 100 = % calories from fat
 - (Total protein calories ÷ total calories) x 100 = % calories from protein
 - (Total carbohydrate calories ÷ total calories) x 100 = % calories from carbohydrates.

**Show ALL work for this on your blue pages* (or on a separate sheet of paper if there isn't room) I'm not looking for everything long hand, just $(x \div y) * 100 = z$, so I know that you divided the correct numbers.*
7. In the upper left-hand corner of your blue page, you'll see a circle. Use that to create a pie chart using the 3 percentages (carbohydrates, protein, and fat) you just calculated (with work on your blue pages). Make sure you label what nutrient each section is in order to receive full credit. (The three percentages combined should total *about* 100 %.)

Part II: Computer Analysis Instructions

8. Next, you'll need to get 6 printouts from Fitday.com. Make sure you are somewhere you can print before beginning the “Getting your printouts” part. Follow the instructions below:

- a) Go to www.fitday.com
- b) Click on “Create a FREE Account” orange button
- c) Create a user name/password and enter your email address, etc.
- d) “Sign Up”/Log in

Entering your foods:

- 1) Click on the Log tab at the top of the screen. It should automatically go to food below since it's the first option, but if for some reason it doesn't, click "food".
- 2) Change the date to the right of "Food Log" (the default is today's date, but click on the calendar link to change it). The printouts that I want don't allow only 1 day (the smallest unit is 1 week), so I want you to enter dates that are part of 3 different weeks (the easiest way to do this is to use the same day of the month, but a different month). This way it will separate each day's information. Please record the date you enter onto the blue page for that day so I know which printout corresponds to that blue page.
 - i. In case you're confused, here's an example: You recorded 10/2/18, 10/3/18, and 10/4/18. When changing the date in Fitday, you could enter 8/2/18, 9/3/18, and 10/4/18. This way, the day of the month is the same, so it's a little easier to figure out which printout goes to each blue page.
- 3) In the box next to the orange search magnifying glass (It says "What did you eat today?"), enter your first food from the first day. Click Enter.
- 4) It will give you a list of search results for foods that match what you entered from the database. It may not have exactly what you ate, but find the closest thing possible. There is also an option for a "New Custom Food" just above the search options box to the upper-right, but you'll need not only calorie and macronutrient information, but also micronutrient information, which you may not have from your food labels. If this is the case, you're probably better off entering the closest thing possible so it doesn't throw your nutrients printouts completely off.
- 5) Select the amount, the units (you may have to change units here, based on how you entered the food on your blue pages), then click the green "+" button on the right.
- 6) To make sure it entered it correctly, the food log (below) will show the foods you've added from the search.
- 7) Repeat entering the food, amount, and units until the FIRST day is done.

Getting your printouts:

- Click on "Reports" (a tab at the top, next to "Log"), then select "Calories" in the list below.
- Choose the correct date on the right (the date from step 2 above)
- Choose the option of 1 Week below the title on the chart (Calories).
- Print the report.
- Click on "Reports" again, then select "Nutrition" in the drop-down menu
- Choose the correct date on the right (the date from step 2 above)
- Choose the option of 1 Week below the title on the chart (Total Nutrition (Daily Average)).
- Change the view from a graph to a table in the bottom right-hand corner of the box.
- Print the report.

Repeat

- Repeat steps 1-7 for days 2 & 3. Repeat all of the Getting your printouts section when you are at a printer. You should end up with 6 printouts, 1 for each day from each of the 2 reports.

PART III: Instructions for 3-6 page essay

The final part of your paper is the write-up. This should be typed, double spaced, and size 12 Times New Roman font. Make sure you completely explain each item. If anything asks you to compare two things, you

need to state the values for each, and explain the differences. Be sure to cite any information that you use from other resources (including your book, websites, and other books)... see references section at end for how to cite.

Introduction – start with a good paragraph that draws me into YOUR diet analysis, and makes me want to read further.

1) What are 3 good **diet** habits that you have? **Explain** why these are good habits.

These are only diet habits that are included *on your blue pages* (if you didn't record it, don't talk about it) or printouts. This does not include exercise habits. Explain what makes these good or bad habits, and support this with facts. 3 points are for listing the 3 good diet habits, and the other 3 points are for explaining why each of these habits are good for your health. For example, if your good diet habit was drinking water regularly, you need to explain WHY water is good for your health. Be specific in your explanations and support with factual data. You will also need to cite your information at the end of referenced sentences. Make sure you use reliable sources.

2) What are 3 bad **diet** habits that you have? **Explain** why these are bad habits.

These are only diet habits that are included *on your blue pages* (if you didn't record it, don't talk about it) or printouts. This does not include exercise habits. Explain what makes these good or bad habits, and support this with facts. Again, 3 points are for listing the 3 bad diet habits, and the other 3 points are for explaining why each of these habits are bad for your health. For example, if your bad diet habit was eating doughnuts, you need to explain WHY doughnuts are bad for your health. Be specific in your explanations and support with factual data. You will also need to cite your information at the end of referenced sentences. Make sure you are still using reliable sources.

For example, if you tell me that consuming fast food is bad, you will need to explain why. If you tell me it is bad because there are fat and calories in the food, you need to explain that. There are calories in all foods, so why is this bad? There is fat in a lot of foods, so why would this be bad? What type of fat is it and why is that fat bad for a person?

3) Are you meeting the recommended amounts of fiber per day? Why or why not?

Compare yours to the recommended amount, and explain why it is where it is (to compare, state your levels and the recommended levels). What foods could help you keep it high (or are helping to keep it high)? You will receive 1 point for stating your levels from the blue pages, 1 point for stating the recommended amount, and 1 point for listing some foods you can eat to boost your levels (or foods you ate during your 3 days that increased your intake).

4) Based on your diet over these 3 days, are you deficient in any vitamins or minerals (use your printouts)? Which ones? How could you correct this deficiency?

Include anything that's even low for just a day. If you have a tremendous amount of vitamins and minerals that you are low in, you only need to go into detail for 2 of them (if you have fewer, explain all of them) (information is on pages 72-74). Explain the amount you consumed versus the RDA (1 point), what that

vitamin/mineral does (1 point), what happens when you don't get enough – symptoms you might experience (1 point), and what foods you should add to your diet (1 point). Go through each vitamin or mineral individually for each of the 4 details I'm asking for.

5) How do your daily energy percentages (% carbohydrate, fat, & protein) compare to what is recommended in a healthy diet?

Use your percentages from your blue pages, not your computer analysis! List your carbohydrate, protein, and fat percentages each day (1 point). State the recommended percentages of carbohydrates, protein, and fat for each day (1 point). Finally, identify why your percentages fell in or out of the recommended ranges (1 point).

6 & 7) What are 2 behaviors that you could change to improve your eating habits? How are you going to implement these behavior changes? What is your plan?

First, list 2 nutritional changes that you could make to improve your diet (1 point). Then, thoroughly explain how you would change each of these behaviors (3 points). For example, if you're low in fruits and vegetables, it's not as simple as buying more fruits & vegetables instead of buying fast food. That takes more time... what else will you change in order to get that extra time to plan, shop, and prepare your food?

8) Why is there a difference between the computer's calculations (from the website) and your own calculations (on the blue pages)?

Make sure that you thoroughly explain what some key differences are, and why the differences happened (about 1 point per difference/explanation, depending on how many you found, but don't go overboard here).

Conclusion – end with a good paragraph that sums your paper up and draws it to a close.

Address each question individually. I am not going to search through a previous question for the answer to the next question. I will read through your answer to 1, then 2, then 3, and so on. If you want all the points, you need to start each question from scratch, even if there's repetition. You are welcome to number each if you'd like.

Your essay needs to be your own work. If your paper looks too similar to another student's, that's plagiarism. Also, including information from another source without citing it is plagiarism. There will be deductions accordingly, depending on the amount of plagiarism. Please see your syllabus for more information.

References: you must cite information used that is not your own. This includes information from your book, my Power Points, and your notes. Other sources, while optional, must be cited; the key is to give credit to those authors. If you use others' information as your own, you will have points deducted accordingly. Format: "This is my quote from the book," (Barber et al, 2018, p. 72). If it is not a direct quote, it is the same thing, but

without the quotation marks. This should be done at the end of **each paragraph**. At the **end of your paper**, the book citation should look like this: Barber PS, Legg D, Murphy C, Jimenez K, Lanoue R, Hoppe R (2018). Lifelong Wellness Course Supplement: Delta College 2018-2019. Plymouth, MI: Hayden-McNeil.

This assignment is worth 60 of your total points, which is a big chunk!! Make sure that you go through the rubric (p. xv) and provide enough detail for the point values.

When turning in your assignment, I need to have all of your information, IN THE FOLLOWING ORDER when you arrive ON TIME to class (and STAPLED, paper clipped, or in a folder):

1. Scoring Rubric. (There is a 10% deduction without the rubric!!); this is page xv in your book.
2. Typed portion (ESSAY format) answering the 8 questions
3. 3-day diet record sheets (your handwritten ones) with pie charts drawn on them (from your own calculations, with your work showing on them)
4. Your **6** computer printouts

If they are not in the correct order and stapled, I will hand it back to you, and it may be considered late (if I catch it; otherwise, points will be deducted accordingly).

Reminder: BE ON TIME!

If you come to class late, your assignment is late = 5% penalty during class

If you turn it in after class, but on the due date = 10% penalty until midnight of that day

If you turn it in the day after the due date = 15% penalty until midnight of that day

If you turn it in 2 days after the due date = 20% penalty until midnight of that day

If you turn it in 3-7 days after the due date = 25% penalty until midnight of that day

If you turn it in more than 1 week after the due date = 0%

Please note that, as stated in your syllabus, if you cannot attend class on the due date for some reason, you may either drop it off in my mailbox, or email a copy of the paper by attaching the paper, a scanned image or picture of each printout, and either scanned images or pictures of your blue pages. However, a printed copy is due the next class you are attending, or it will be considered late. Please plan ahead for printing/computer errors!

Get started early, so you can ask questions, either in class or via email! You'll learn a lot by doing this assignment!