

# Biology 1400 - Fundamentals of Nutrition

## Diet Analysis Paper

This course is designed to introduce you to the basic concepts of nutrition. By the end of the course you should be able to evaluate nutritional information and recommend changes based on the knowledge you have gained during this course. This knowledge should include: the purpose and recommended amounts of all nutrients; the possible consequences of deficiencies or excesses of various nutrients; the recommended number of calories; and modifications necessary to improve your diet. This assignment will assess your nutrition knowledge. The diet analysis paper will allow you to apply of the nutrition knowledge you have gained to your own diet.

The data for this paper must cover at least **3 days of diet**. You are required to create a diet log for at least 3 days of your diet, you may do more if you desire. It should include everything you ingest. You need to include all beverages including water and you **MUST** include the size of your servings. This diet information **MUST** be entered in the daily food log form you have been given and it **MUST** be submitted with your paper. **DO NOT** submit all the NCP3 reports with your paper. You need to only submit with your paper the three day food log, NCP3's Spreadsheet Report, and NCP3's "My Pyramid" report.

The following will assist you in composing your paper:

### **Basic Components (Percent based on your personal profile):**

These percentages refer to how close you are to your goal based on your profile. In other words 100% means you have taken in the correct amount of the nutrient. Over 100% you have exceeded your goal and less than 100% you have not achieved your goal. This may be good or bad based on the nutrient you are looking at. Do not expect to hit exactly 100%, this is why ranges are given for each component.

### **On your printout for the 3-Day Average highlight the following:**

#### **Basic Components (Percent based on your personal profile):**

- Calories below 80% or above 120%
- Protein below 100% or above 200%
- Carbohydrate below 130 grams
- Fiber less than 80%
- Fat and saturated fat above 100%
- Mono and Poly unsaturated fat below 80%
- Cholesterol above 100%
- Vitamins and minerals (Except sodium and potassium) below 80% or above 200%
- Potassium below 100%
- Sodium above 100%

**Source of Calories (Percent based on calories you consumed):**

- Carbohydrate below 45% or above 65% of calories
- Fat below 20% or above 35%
- Protein below 10% or above 35%

**Source of Fat (Percent based on calories you consumed):**

- Saturated fat above 10%
- Mono and polyunsaturated fat below 10%

Your paper must address the adequacy or inadequacy of all the basic components of your diet. You must address calories, carbohydrates, proteins, fats, vitamins and minerals. In particular you must note any dietary changes that should be made based on any component that is above or below the recommended amount. **The suggested changes must be specific, not just a general statement such as, "I need to cut the saturated fat in my diet".**

Evaluate your food pyramid and make suggestions of any dietary changes that you might reasonably be expected to make that would bring you into compliance with the recommendations for the different food groups. You should also include other lifestyle changes that you may incorporate, such as exercise and supplements.

**This assignment must be written as a paper not just a list of independent statements with no connections.** All sentences must be complete and no abbreviations should be used.