

CSM Biology 260
Dietary Analysis Assignment
Fall 2009

Record a log of what you ate and drank in the last 24 hours. Be careful when you specify how much you ingested. In NATS there are choices as to the units you use to describe your serving size. You can use units of volume, e.g. 1 cup, or units of weight, e.g. 5 oz. (Usually a packaged food will have serving sizes listed with nutrition information on the packaging).

If you are making homemade food, try to list recipe ingredients individually with amounts. Input your foods into a nutritional calculator like NATS, online at

www.nat.uiuc.edu/mainnat.html



You could also use www.mypyramid.gov. Run the nutritional analysis for each day to see how your diet stacks up to the US recommended daily diet. If using NATS - When the analysis comes up please click "display all nutrients", under the chart, to get values for more key nutrients like fiber, calcium, sodium, and iron. Write a short essay about what good things you see in your diet, and what improvements you would like to make. Make sure you discuss your calcium intake, fiber intake, salt intake, fat intake, and iron and Vitamin C intake.

Share your analysis with another member of the class and each of you make suggestions to the other for improvements. Also, share with your peer a favorite healthy food dish or recipe.

Homework: keep an additional two day log to get a more complete picture of your dietary profile. Turn in the detailed analysis for each day from the nutritional calculator (best to use a screen shot or print screen command), your essay about your nutrition analysis, and your favorite healthy food choice or recipe.