

Dietary Analysis

1. Food, Water, Exercise, Sleep Diary: (40 points)

- For 3 days you must keep track of everything you eat, drink (including water), exercise, and sleep.
- You must record your food and drink in cups, ounces, tablespoons, etc. Estimate or use measuring cups.
- Sleep and exercise are recorded in hours.
- Indicate the type of exercise you did. Ex. Track practice 2.5hrs.
- Record your diet, exercise and sleep on the charts provided, then enter it in the computer at www.fitday.com . You will have to set up a new user name and password (it is free). Fit Day will do the analysis for you in terms of calories, vitamins, fats, etc.

2. FitDay Printouts (20 points)

- After you have entered your data into FitDay, **print** the page that shows what you ate and the calorie breakdown.
- Print exercise page after you enter your data.
- Also print Reports- “Total Nutrition” and “Calories Burned vs. Eaten” for the Week!
- You must hand these pages in with your Diary.

Food Guide Recommendations for 2000* Calorie Diet

Grains: 6oz daily
Vegetables: 2 ½ cups daily
Fruits: 2 cups daily
Dairy: 3 cups daily
Meat: 5 ½ oz daily

***Note:** If a 2000 calorie diet is not right for you or you are unsure go on www.mypyramid.gov and answer a few questions to find your target daily calorie goal.

4. Analysis Paper (40 points)

1. **Attention Grabber:** The introductory paragraph has a strong hook or attention grabber that is appropriate for the audience. This could be a strong statement, a relevant quotation, statistic, or question addressed to the reader.
2. **Analysis:** Analyze your diet. What is missing? What areas are excessive? Are you meeting all the requirements in the food pyramid? Which areas are you lacking? Are you getting all the nutrients your body needs? Are you lacking any vitamins or minerals? Are you taking too much of a vitamin or mineral? What could be added to your diet and lifestyle to make you healthier? Are you getting enough sleep and exercise? What goals can you set for yourself if you are lacking in this area?
3. **Evidence/Examples:** Give specific examples of what you are analyzing; For example: "I ate 3000 calories on Monday and according to the Food Guide Pyramid, for my height, weight, age, and activity level I am supposed to consume only 2000 calories." All of the evidence and examples are specific, relevant and explanations are given that show how each piece of evidence supports the author's analysis.
4. **Research:** Student uses research to explain the consequences of dietary, exercise, and sleep deficiencies. Student compares his/her diet to food guide pyramid recommendations and gives examples of suggested changes he/she could make to diet to meet recommendations.
 - **How do you plan to change your diet to make it healthier?**
 - **What are some long term effects of lack of sleep?**
 - **What are some long term effects of lack of exercise?**
 - **What could be added to your diet and lifestyle to make you healthier?**
 - **What specific foods could you add to your diet to make up for a lack of vitamin or mineral?**
 - **What are the long term effects of your lack or excess of vitamins or minerals?**
5. **Transitions:** A variety of thoughtful transitions are used. They clearly show how ideas are connected
6. **Conclusion:** The conclusion is strong and leaves the reader solidly understanding the writer's position. Effective restatement of the position statement begins the closing paragraph. Summary of your goals to change your health.