SCF HUN # 2201 Fundamentals of Nutrition

Diet Analysis

Diet analysis

Food intake calories

Food intake nutrients

Calories

Add up the food calories

Look up the food calories

Include breakfast, lunch, snacks, dinner

Three Day Average

Add up the calories for at least 3 days

Divide by 3

Another method

Grams of protein

Multiply by 4 = protein calories

Grams of fat

Multiply by 9 = fat calories

Grams of carbohydrates

Multiply by 4 = carbohydrate calories

Food combinations

Add in

Percentage of Calories

Compared to total calories

Divide by total calories

Fat calories

Total calories

Sugar, fiber, protein, carbohydrate percentages

Compare

Compare your calories to one or more of those recommended, for example:

Average persons – 2000 calories

Weight gain or loss program

Diet during pregnancy or lactation

AMDR – page 19 of textbook

SCF HUN # 2201 Nutrition Diet Analysis

Measurements

Ounces into grams

Grams alcohol into calories

Nutrients

Do Your foods add up to

RDA vitamins & minerals?

RDV vitamins & minerals?

Foods – tables of Appendix H

RDA Levels – charts on inside front cover

RDV Levels - Page Y across back cover

Compare to

Diet Analysis Plus

Guidelines for Americans page 41 & 44

USDA [www.usda.gov](http://www.usda.gov) page48 or [www.supertracker.usda.gov](http://www.supertracker.usda.gov)

[www.fitnesspal.com](http://www.fitnesspal.com)

[www.myplate.gov](http://www.myplate.gov) or [www.choosemyplate.gov](http://www.choosemyplate.gov)

Exercise

Subtract the calories you use

Closer to recommended calories?

Print Out or Calculate

Three day average

Commentary

Summary of Results

Need to eat more?

Need to eat less?

Need to eat different foods?

Worthwhile project?

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Example of a Calorie Count for a Beginning, a place to start, to prepare a Diet Analysis

\*Example is for one day - 3 days are expected

\*Example is for Calories – Nutrients also are expected

Breakfast Calories

¼ cup orange juice 1/2 cup water 28

¾ cup Flax Plus cereal 100

14 cup Cheerios 28

1/8 cup walnuts 180

1 kiwi fruit 46

¼ cup blueberries 47

½ cup skim milk 43

½ cup coffee 5

¼ cup skim milk 23

Total 472

Lunch

1 piece whole wheat bread (The Baker) 130

½ cup shredded cabbage 9

1 Tablespoon Miracle Whip light 30

1 Tablespoon plain yogurt 14

1 slice natural deli turkey 57

1 teaspoon mustard 0

1 slice low fat cheese 50

8 ounces skim milk 85

Total 375

Dinner

1 piece steamed chicken 284

½ cup frozen spinach 27

1 Tablespoon plain yogurt 14

½ cup brown rice 108

½ cup berry juice 65

½ cup water 0

¼ cup Perrier water 0

Total 498

Meals Combined: 472

375

498

Total for the day 1345

In this sample, total calories are below the average American maintenance diet of 2000 calories per day. They are also below the recommendation for a moderately active female.

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Example of a beginning to prepare a Diet Analysis – Nutrients

This example is for one meal on one day – \*totals and average for 3 days are expected.

Breakfast

¼ cup orange juice Vit C 31 mg Folate 18.75mg Vit A 12.5 RE Potas 12.25 mg

Vit B <1 mg Mag 6.75 mg

¾ cup Flax Plus cereal Fiber 1g Protein 4g Sodium 190 mg

other nutrients not rated

¼ cup Cheerios Vit B <1 mg Fiber .5mg Protein .5g Sodium 54.5mg Potas 50mg

box .7mg box .7g box 52.5mg

1/8 walnuts Vit B <1 mg Fiber 1g Protein 4g Sodium 3mg Potas 141 mg

Folate 18mg Mag 47mg Calc 26 mg

1 kiwi fruit Vit B <1 mg Fiber 3g Vit C 74 mg Sodium 4mg Potas 252 mg

Folate 29mg Calc 20 mg

¼ cup blueberries Vit B <1 mg Fiber 1.3gVit A 2.2RE Sodium 5mg Potas 34.5 mg

Vit C <1 mg Folate 3.8 mg Mag 1.3 mg Calc 3.5 mg

½ cup skim milk Vit B <1 mg Chol 2mg Protein 4g Sodium 63mg Potas 203 mg

Vit A 75 RE Folate 6mg Mag 14 mg Calc 150 mg

½ cup coffee Vit B <1mg Potas 64mg Sodium 2.5 mg Mag 6mg Calc 2.5mg

¼ cup milk Vit B <1mg Prot 2g Chol 1mg Calc 75 mg Folate 3 mg

Mag 7 mg Potas 101 mg Sodium 31 mg Vit A 36 RE