






This week I will: _____ WEEK ONE

Monday	Meal	What I ate today:	Notes
	Breakfast		
	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		
	Workout <input type="checkbox"/> Workout Shake <input type="checkbox"/> Supplements <input type="checkbox"/> H ₂ O <input type="checkbox"/> De-stress <input type="checkbox"/>		

Tuesday	Meal	What I ate today:	Notes
	Breakfast		
	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		
	Workout <input type="checkbox"/> Workout Shake <input type="checkbox"/> Supplements <input type="checkbox"/> H ₂ O <input type="checkbox"/> De-stress <input type="checkbox"/>		

Wednesday	Meal	What I ate today:	Notes
	Breakfast		
	Snack		
	Lunch		
	Snack		
	Dinner		
	Snack		
	Workout <input type="checkbox"/> Workout Shake <input type="checkbox"/> Supplements <input type="checkbox"/> H ₂ O <input type="checkbox"/> De-stress <input type="checkbox"/>		

How to count servings

Vegetables			
1 cup broccoli	25	1 baseball	
2 cups raw, leafy greens	25	2 baseballs	
Fruits			
½ cup sliced fruit	60	Tennis ball	
1 small apple or medium orange	60	Tennis ball	
Carbohydrates			
½ cup pasta or dry cereal	70	Hockey puck	
½ small bagel	70	Hockey puck	
1 slice whole-grain bread	70	Hockey puck	
½ medium baked potato	70	Hockey puck	
Protein/Dairy			
3 ounces of fish	110	Deck of cards	
2-2½ ounces of meat	110	¾ deck of cards	
1½-2 ounces of hard cheese	110	⅓ deck of cards	
Fats			
1½ teaspoons peanut butter	45	2 dice	
1 teaspoon butter or margarine	45	1 die	

Part A - Collect data and Make a Food Journal

Points: 10

- Write down everything that you eat and drink for 3 days using the [EXSC 209 Meal Tracker.pdf](#) by organizing it into breakfast, lunch, dinner, snacks, etc.
- Write down the item and the serving size (you may need to estimate cups and oz)
 - Refer back to Canvas uploads, the Precision Nutrition Handouts, and this [Portion Size Chart](#) to help you with accurate serving sizes.
 - Example: 1 cup of broccoli – approximately the same size as a baseball.

Part B - Input data and view results

Points: 8

Use the 'MyFitnessPal' diet analysis program to analyze the 5-day food diary in Part A. You can use the App or the website.

The App has some more/better/easier features and is recommended. You can complete the assignment by using the free version. There are several more features if you get a premium account.

<https://www.myfitnesspal.com/>

Input data

Create an account and input the 5 days of the food journal that you completed for Part A and run a nutrient report that summarizes the nutrient makeup of your planned diet. Identify by meal (breakfast, lunch, dinner, & snacks) There are more detailed instructions below

Smartphone App use

- You can input your food/meals using the "Food Diary." Food Diary can be found under the main menu of the App.
- Please input each of the 5 days of the plan on 5 consecutive calendar days in MyFitnessPal. You can pick any recent date range. The dates are not as important as inputting for 5 consecutive days. If you can't find the exact food, find the best alternative.
- After you input your 5 days, please run a nutrition report. You can find the reports by selecting "Nutrition" in the main menu.
- You can find daily and average calories from the Calories tab. In the Nutrient tab, you can view averages for the following **16 nutrients:**

- nutrients:
1. Protein
 2. Carbohydrates
 3. Fiber
 4. Sugars
 5. Fat
 6. Saturated fat
 7. Polyunsaturated fat
 8. Monounsaturated fat
 9. Trans fat
 10. Cholesterol
 11. Sodium
 12. Potassium
 13. Vitamin A
 14. Vitamin C
 15. Calcium
 16. Iron

View results

For this assignment, please tabulate a list of the average daily amounts of all of the nutrients/substances listed above that are reported by the App in a Microsoft Excel workbook.

Side by side for each substance, list the recommended intake and identify if you are low, good, or high compared to that specific nutrient/substance.



Assignment Details



EXSC209.A-2019.FAMAIN Performance Nutrition

Side by side for each substance, list the recommended intake and identify if you are low, good, or high compared to that specific nutrient/substance.

Therefore, you will be required to find those recommendations based upon resources we have identified in the lectures and within the textbook. In this regard, you *must* identify the source that you used to determine the recommendation(s) and cite them appropriately.

Part C - Interpret results

Points: 10

You will write up a short (1-2 page) analysis of the 3-day averages.

Include comments about:

- **average daily total calories**
 - more or less than you expected
 - compare to your energy needs and activity level
 - recommendations for changes in your diet and/or activity
- **composition of total calories** (% fat, % protein, % carbohydrate, % alcohol)
 - is it balanced? (cite a dietary

- **composition of total calories** (% fat, % protein, % carbohydrate, % alcohol)
 - is it balanced? (cite a dietary recommendation like DRI for reference)
 - saturated fat, empty calories, and fiber
 - recommendations for changes in your diet
- **consumption of nutrients** (% RDA)
 - overall comments about your nutrient intake
 - identify deficiencies in any nutrient
 - recommendations for changes in your diet
- **sodium intake** (mg, % DV, and % RDA)
 - more or less than you expected
 - recommendations for changes in your diet
- **other relevant comments/recommendations for your diet**

Report Layout Summary

- Part A: scanned copy of your 3-day food journal
- Part B: submitted Microsoft Excel workbook with 'MyFitnessPal' nutrient breakdown of the listed 16 nutrients, including columns with % of DRI's, and 'Status' (i.e. "Low", "Good", "high") for each

- recommendations for changes in your diet
- **other relevant comments/recommendations for your diet**

Report Layout Summary

- Part A: scanned copy of your 3-day food journal
- Part B: submitted Microsoft Excel workbook with 'MyFitnessPal' nutrient breakdown of the listed 16 nutrients, including columns with % of DRI's, and 'Status' (i.e. "Low", "Good", "high") for each nutrient.
- Part C: Cover Page and 1-2-page analysis with necessary tables and graphs from 'Part B' incorporated into this. ***Any additional info, data, etc. (if necessary) can be attached as an appendix. Also, you the analysis should have headings similar to the APA specifications outlined in the materials found within [Week 0: Class Intro Plus Supplementary Materials to help with Academic Writing as well as Grading Criteria for Major Assignments](#)***
- Part D: Bibliography
- Part E: Appendix (optional and only if necessary)**