**Nutrition Project Instructions**

For this project you will use the software, *Nutrition Calc Plus* that came with your textbook to create a nutrition profile. You will log your intake of nutrients and your daily activities for a few days and then enter the information into the program. You will then be able to determine whether your diet is balanced or if it needs adjusting to meet your nutritional goals.

**Step #1: LOG YOUR INTAKE AND OUTPUT**

Keep a complete log of everything you consume (and quantity) for 4 days. Try to pick at least two week days and two weekend days or two school days and two off days. However you arrange it, try to pick days that are representative of your typical diet. *Another tip: keep food labels for packaged foods that you eat. You may need the information to enter into the program.*

During the same period of time, keep track of all of your physical activity (or inactivity). Log how many hours you spend sleeping, eating, sitting, standing, walking, biking, exercising, vacuuming, etc.

*Note: You may want to begin at Step #2 and enter into your log daily so you don’t have to enter it all at once.*

**Step #2: INPUT THE DATA**

Create a profile for yourself in the *Nutrition Calc Plus* program and enter the information you gathered. See the User’s Guide that came with the CD-ROM if you need help getting started with the software.

Enter your personal information, activity level, 24-hour activity recall, nutritional goal and then begin to enter your food log information.

**Step #3: CREATE A SET OF REPORTS AND RECOMMENDATIONS**

Once you have all your data, you can use the reports functions to get an idea of where you need to make adjustments to your diet or activity level, if at all.

Based on what you’ve entered you will create and turn in the following:

1. An INTRODUCTION that describes your personal profile, BMI, activity level and personal nutritional goals. In addition to any personal nutritional goals you may have, assume the following general goal:

   to achieve a balanced diet that generally satisfies the recommendations of the USDA, as described in the Food Pyramid and intakes the minimum amount of each required nutrient, while maintaining energy balance and minimizing the intake of nutrients that may cause physiological harm.

2. In the body of the report you will have a section on nutrients and a section on energy balance. The nutrients section must address each of the following: CARBOHYDRATES (& fiber), PROTEINS, LIPIDS, VITAMINS (fat/water sol.) and MINERALS (major/trace). Somewhere in the nutrients section place a TABLE and BAR GRAPH that recreates the table and bar graph from *Nutrition Calc* that shows your averages of all nutrients over the log period*. 

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The energy balance section should address your BMR (EER), BMI, your activity levels and how your diet influences your weight gain/loss goals. Re-create a BAR GRAPH with the results of the Ratios and Percents report* (i.e. sources of calories and fat in your diet) and discuss the results.

Each section and its sub-sections must have their own headings and should minimally follow the formats below:

**FORMAT FOR EACH NUTRIENT SECTION:**

a. A 1-2 paragraph summary of findings
b. A table or bullets with: (table for minerals/vitamins; bullets okay for single nutrients)
   -amount of nutrient(s) in diet overall (% of total and in real measurement)
   -top 3 sources of the nutrient
   -% of kcals from nutrient in diet overall
   -comparison to RDA, AI or similar
   -relevant details per nutrient
   (ex. Carbs- fiber/simple vs. complex, lipids-sat fat vs. Polyunsat, etc.)

**FORMAT FOR ENERGY BALANCE SECTION:**

a. A 1-2 paragraph summary of findings
b. calculate your energy needs per day (show/describe how you calculated it)
c. describe your activity level
d. include a table/log of your activities over the log period
e. Discuss reasons why your intake might be more or less than your energy needs.

3. A DISCUSSION section that describes changes you should make to meet your basic nutritional and energy requirements. Be specific, if you aren’t getting enough iron, say “In order to increase the amount of iron in my diet, I will eat more______”. For each nutrient not within 15% of the recommended value, make a statement such as the one above to describe what you could do to adjust your diet. Do the same for energy balance. Also, include a prediction of the outcomes/risks associated with your current diet and activity level. For example, “If I continue to get less that the recommended amount of Calcium each day, I could be at risk for____________”

4. Finally include a CONCLUSION section that reiterates briefly the general trends of your findings and summarizes the changes that need to occur, if any, for you to meet your nutritional and energy balance goals (remind us what they are).

* This is because these reports cannot be exported into other programs like word…

NOTE: This format guide is not the only and/or exact way to do your report. You may deviate (if you feel the need) and combine or split sections as long as the required information is present and presented in a similarly logical and easy to read/grade format. I do, however, suggest checking with me before doing so.

**Step #4: TURN IN YOUR REPORT ON ETUDES**