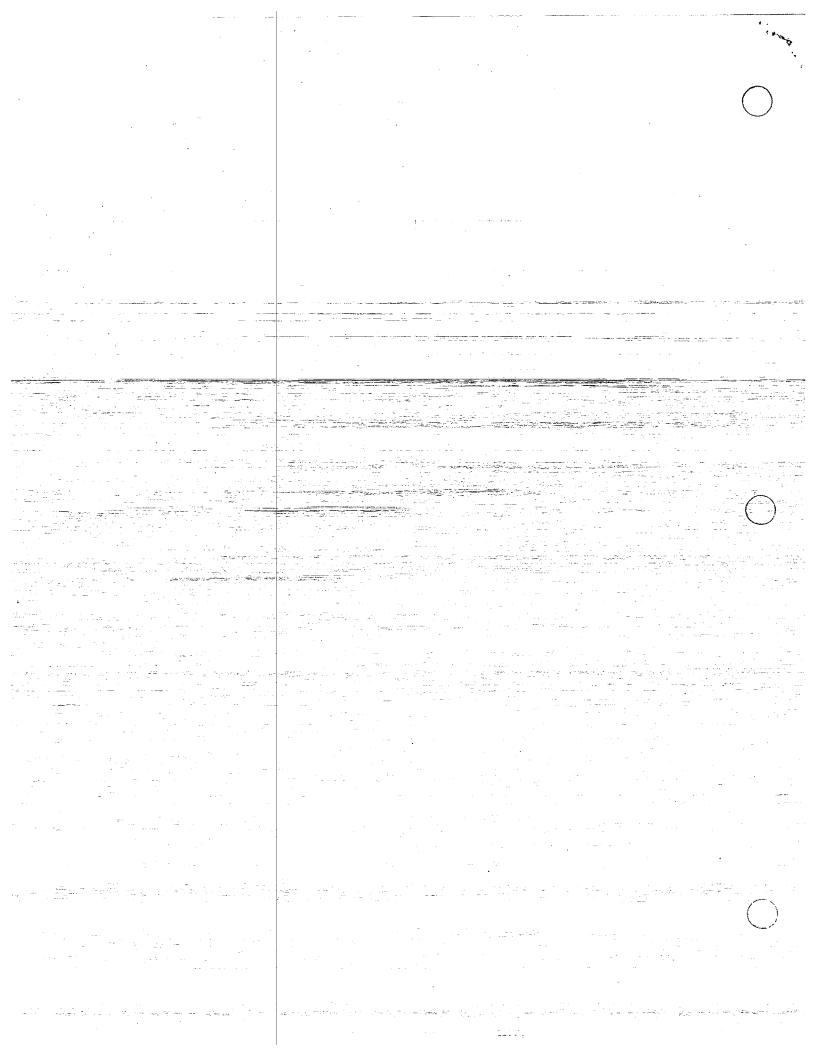
Instructions for Food Lab

- 1. Go to www.choosemyplate.gov
- 2. On setup bar click on supertracker
- 3. Click on supertracker in the paragraph
- 4. Create a new profile
- 5. Create a User name and password DO NOT provide your email or personal information. <u>DO PROVIDE</u> age, gender, height, weight, activity level, etc.
- 6. Using the date of your first recorded day, proceed to food intake
- 7. Search for your various foods.
- 8. Click select quantity, enter all serving sizes and number of servings
- 9. When all foods are entered and all servings recorded, click on my reports.
- 10. Create a PDF of the first 2 reports featured on this page:
 - a. Food Groups and Calories
 - b. Nutrient Report
- 11. Using the food lab sheet, and the information printed, answer the questions on the lab.



	Name
	Per Date
	Nutrition Lab
	100 Points
	Turn in food log, printouts from choosemyplate gov, and these answers
1.	According to the printouts, looking at your calorie intake vs. your recommended intake, what is your net caloric gain, or net caloric loss for 1 average day?
2.	Taking into account the fact that there are about 3500 calories in a pound, what would your weight loss / gain be for a week if this data was accurate? (Answer in pounds)
3.	What would your weight loss / gain be for a year if this data was accurate?
4.	Is this truly what is happening to you? Why might you not be seeing results like this?
5.	What factors has this lab not taken into consideration that would play an important role in your caloric balance?

6. What are one vitamin and one mineral that were deficient in your diet? Using the internet, what do these do? Where can you get it in your diet? What can a long term deficiency cause?

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		•	
Carbs	Total Fats	Protein	
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		•	
8. While you were keepin diet? Explain in detail.	g this food log, did you	think or behave differently about	your
diet: Expidiii in dediii.			
		و در در میکندن رای بیشتند و پیهای برخوان در میشین <u>د میپردی بیان در </u>	
		en e	
9. Describe how your inta	ke follows, or does not	follow, the key components of a-	The second of th
healthy diet? (Balance, Va	riety, Moderation, Port	on Size)	
Balance:			
			a tanga basa
Variety:			
Moderation:			
			ni. Najaraja
Portion Size:			
		in the second of	Ta sand or
			Property of the Control of the Contr
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10. Do you feel that this s	tudy was an accurate de	epiction of your eating habits? W	hy or
why not? Explain in detail			
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