

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. **DO PROVIDE** 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?

7. What percentage of your calories were carbohydrates? Fats? Protein?

Carbs _____

Total Fats _____

Protein _____

8. While you were keeping this food log, did you think or behave differently about your diet? Explain in detail.

9. Describe how your intake follows, or does not follow, the key components of a healthy diet? (Balance, Variety, Moderation, Portion Size)

Balance:

Variety:

Moderation:

Portion Size:

10. Do you feel that this study was an accurate depiction of your eating habits? Why or why not? *Explain in detail.*