

Section 1: Personal Diet Analysis Instructions

Part B: Diet Analysis

Answer the following questions using resources provided on www.supertracker.usda.gov. Use the Nutrients Report to answer the following questions:

1. What is your target percentage for total fat intake? _____

What was your average percentage for total fat eaten? _____

Your status was either over, ok, or under. Click on the plus sign to identify additional information about your food choices and respond to one of the following prompts based on your status: (choose ONE)

My intake was under, I should.....

My intake was OK because I.....

My intake was over, I should.....

You should limit _____ and _____ fats in your diet and replace them with _____ and _____ fats.

2. What is your target percentage for carbohydrate intake? _____

What was your average percentage for carbohydrates eaten? _____

Your status was either over, ok, or under. Click on the plus sign to identify additional information about your food choices and respond to one of the following prompts based on your status: (choose ONE)

My intake was under, I should.....

My intake was OK because I.....

My intake was over, I should.....

What type of carbohydrates should be limited in your diet?

3. What is your target percentage for protein intake? _____

What was your average percentage for proteins eaten? _____

Your status was either over, ok, or under. Click on the plus sign to identify additional information about your food choices and respond to one of the following prompts based on your status: (choose ONE)

My intake was under, I should.....

My intake was OK because I.....

My intake was over, I should.....

What cooking methods can be used to reduce the fat content in high protein foods?

4. What was your average cholesterol intake? Was it too high, too low, or just right?

Is cholesterol necessary for any body functions? What would happen if someone didn't get any cholesterol in their diet?

5. Select two vitamins or minerals that were either over or under the recommended amount? Click on the plus sign next to the appropriate vitamin or mineral and list specific food sources that could be either added or removed from your diet to help you achieve an "OK" status.

6. What were your average total calories consumed? _____

Was your status *over*, *under*, or *OK*? (Circle one)

Were you surprised at the results? Explain.

Why is it important to consume the recommended number of calories?

Click on the plus sign next to total calories and review the percentage break-down of total calories consumed. What are three tips to help reduce the total number of calories consumed?

Click on the **MY PLAN** tab and the **Get Additional Guidance** tab at the bottom of the page to answer the following questions.

7. Oils are not considered a food group, yet they are emphasized as being an important part of your diet? Explain why oils are important and what types of oils should be selected as part of your diet?

8. When selecting a refined grain, you should look for a product which includes what ingredient?

9. What alternative dairy options are available for people who are lactose intolerant?

10. What are empty calories and why should empty calorie foods make up only a small part of your diet?

11. Overall, were you surprised with any of the results of your diet? Explain.

12. What would be your first step in eating a healthier diet?