Nutrition Analysis Performance Objective

In this assignment you will explore the site and see how it can help you live a healthy life.

Directions:

1. Log onto the internet and type in the address **www.livestrong.com /login/**
2. Click on *Get Tracking Today*
3. Fill in chart using drop down menus: weight goal please choose: *maintain current weight,* add gender, age, weight and height. Click on*: Get Calorie Goal*

Your Calorie Goal:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Create Username, use school email, create a password.

Username \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Password\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Un-click send me livestrong newsletter, then Click: *Sign up*

1. This screen asks if you want to upgrade to Gold. NO you don’t. Top right corner click on: *Not now, Thanks*
2. You will add the foods you have eaten:

A) use the arrows and choose the day

B) click on the “What did you eat? “ box and type in the food, scroll down to find the best match to what you ate, click on it. Adjust the amount if necessary. Then choose which meal. Click on Track.

Repeat until you have entered all of the food you ate that day.

1. If you exercised, near the top of the screen click on exercise and enter what you did and track it. Then click on food.
2. Scroll down and look at Summary: Fill in the chart from the summary:

|  | calories | cholesterol | sodium | fiber | sugar | carbs | fat | protein |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Your totals |  |  |  |  |  |  |  |  |
| RDA |  |  |  |  |  |  |  |  |
| % of RDA |  |  |  |  |  |  |  |  |

9. Add your water consumption towards the bottom right of the screen.

10. The Export Data square: click on Detailed and Print then click on Export. A screen will open with each food you entered and detailed nutrition information. (don’t really print it)

11. Use the summary chart you filled in above and the Report screen, and the first page of this assignment: Analyze what nutrients do you need more of? List three foods you could eat to get these nutrients?

12. What groups of nutrients are you over the suggested amount and need less of? Should you decreases the amount you consume? Why or why not? What specific thing(s) can you do to decrease the amount?

13. What is something that surprised you about your nutrient intake?

How could these deficiencies or over consumption affect your health over time?

14. Give yourself some **specific** suggestions for improving your nutrient intake.

15. **Log out of** **Livestrong, Log off computer**