Nutrition Analysis Assignment

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 **myfitnesspal.com**

2. Select “Sign up with Email”.

3. Input email address and create password.

User Id/email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Password\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Fill in the information and submit it.

5. The next step will ask you if you want to share with a friend. You don’t need to fill anything out, just click continue.

6. The next page will give you your suggested fitness and nutrition goals. Complete the chart with your information.

| **Nutritional goals** | Target |
| --- | --- |
| Net calories consumed\*/Day | Calories/day |
| Carbs/day |  |
| Fat/day |  |
| Protein/day |  |

\*net calories consumed=total calories consumed – exercise calories burned. So the more you exercise, the more you can eat.

| **Fitness goals** | Target |
| --- | --- |
| Calories burned/week | Calories/week |
| Workouts/week |  |
| Minutes/workout |  |

7. After completing the charts with your information, click the green “Get Started Now!” button.

8. The next page will show your daily summary.

9. At this point you will add food or add exercise to your summary. When you click add food you will select which meal you want to add the food to.

10. Continue adding until you have input all your food and exercise for the day.

11. Be sure to add your water consumption towards the bottom left of the screen.

12. After you have input all food, exercise and water for the day, fill in the chart below.

|  | Calories  kcal | Carbs  g | Fat  g | Protein  g | Sodium  mg | Sugar  g |
| --- | --- | --- | --- | --- | --- | --- |
| Totals |  |  |  |  |  |  |
| Your daily goal |  |  |  |  |  |  |
| Remaining |  |  |  |  |  |  |

11. What nutrients do you need more of? List three foods you could eat from this group.

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

13. From the top menu, click on the “Reports” tab. You will have the option to choose a report. You should look up the reports to complete the chart below. (tip: hover over the chart to see the numbers along the red goal line)

14. Identify if you were under or over the goal amount.

| Nutrient | Target | Average Eaten | Status (under/over) |
| --- | --- | --- | --- |
| Net Calories |  |  |  |
| Calories |  |  |  |
| Carb grams |  |  |  |
| Fiber |  |  |  |
| Sugars |  |  |  |
| Protein |  |  |  |
| Fat grams |  |  |  |
| Saturated |  |  |  |
| Poly |  |  |  |
| Mono |  |  |  |
| Trans |  |  |  |
| Cholesterol |  |  |  |
| Sodium |  |  |  |
| Potassium |  |  |  |
| Vitamin A |  |  |  |
| Vitamin C |  |  |  |
| Calcium |  |  |  |

15. What is something that surprised you about your nutrient intake? How could these deficiencies or over consumption affect your health over time?

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