**MyPlate Nutrition Analysis Assignment**

Performance Objective 9: Evaluate and analyze a personal dietary intake for one or more days according to the dietary guidelines and MyPlate.

First, record everything you ate yesterday. Be as specific as possible.

| Meal | Food | Amount | Food groups eaten |
| --- | --- | --- | --- |
| Breakfast |  |  |  |
| Lunch |  |  |  |
| Dinner |  |  |  |
| Snacks |  |  |  |

Directions:

1. Go to myfitnesspal.com.
2. Select “sign up with email.”
3. Input email address and create password using your School email and password that you use to log in to the computers.
4. Fill in the information on the “Tell Us About Yourself” page. Just put your weight in the goal weight box. Use your school username. Choose a goal that you are comfortable with. I recommend “Maintain my current weight.” Then press submit.
5. The next page will ask if you want to sign up for emails or share with a friend. Uncheck the email box, and don’t fill anything out—just press continue at the bottom.
6. The next page will give you your suggested fitness and nutrition goals. Complete the chart with your information.

| **Nutrition Goals** | Target |
| --- | --- |
| Net calories consumed\*/day | Calories/day |
| Carbs/day |  |
| Fat/day |  |
| Protein/day |  |

\*Net calories consumed = total calories eaten – exercise calories burned. The more you exercise, the more you can eat.

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

1. After filling in the charts with your information, click the green “Get Started Now!” button.
2. The next page will show your daily summary.
3. Click on “Food” up at the top. Then, using the chart you filled out earlier, add in all the food you ate yesterday to the appropriate meal. Continue adding until you’ve entered in all the food.
4. Scroll to the bottom of the food adding page, and add in your water intake from yesterday.
5. If you exercised yesterday, click on “Exercise” up at the top. Add in whatever exercise you did. (Cardiovascular means it was an exercise like running or swimming that increased your heart rate. Strength training means it was an exercise like weight lifting or pilates that tested your muscle strength.)
6. After you have entered in all your food, water, and exercise, click on “Reports” at the top. You will have the option to choose a report. Using these reports, complete the chart below. The goal is listed as a red line, and what you actually consumed is listed as a blue bar. Hover over the line/bar to see numbers.

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

1. What nutrients are you “under” in? List three foods you could eat from this group.
   1. Nutrient: \_\_\_\_\_\_\_\_. Three foods: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Nutrient: \_\_\_\_\_\_\_\_. Three foods: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. Nutrient: \_\_\_\_\_\_\_\_. Three foods: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. Nutrient: \_\_\_\_\_\_\_\_. Three foods: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What nutrients are you “over” in? Should you decrease the amount you consume? Why or why not?
   1. Nutrient: \_\_\_\_\_\_\_\_. Decrease (Y/N): \_\_\_\_\_
   2. Nutrient: \_\_\_\_\_\_\_\_. Decrease (Y/N): \_\_\_\_\_
   3. Nutrient: \_\_\_\_\_\_\_\_. Decrease (Y/N): \_\_\_\_\_
   4. Nutrient: \_\_\_\_\_\_\_\_. Decrease (Y/N): \_\_\_\_\_
3. What is something that surprised you about your nutrient intake? How could these deficiencies or over-consumptions affect your health over time?

1. Give yourself two **specific** suggestions for improving your nutrient intake.
   1. Suggestion one: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Suggestion two: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_