

Lab Assignment for Week #4

For the first part of your lab experiment this week, you will be performing a diet analysis. To do this, you will need to either keep a food diary of your own for three days, or design one.

I. Personal Diet

Directions:

1. Using the tables below as an example, list all the foods and beverages that you consume each day for three consecutive days. You will need to add more rows to each table. You can use your own diet or you can create a hypothetical diet if you are uncomfortable recording your own daily selections. If the foods you use/choose do not have a [nutrition label](#), you can use [Nutrition Value](#) or [Self Nutrition Data](#) or [Nutrition Chart](#) or any other reliable internet source to obtain the information needed to complete these tables. If you consume “fast foods”, you may also be able to get the nutritional information from the franchise websites. Did you know that companies like Dunkin Donuts includes the nutritional information for their products on their websites? Many restaurants also include this information on their menus now.

Day #1

Type of Food	Portion Size	Kcal	Total Kcal
Ex. Bread	2 slices	70/slice	140

Day #2

Type of Food	Portion Size	Kcal	Total Kcal

Day #3

Type of Food	Portion Size	Kcal	Total Kcal

2. Add up the total kcal consumed for each day and place the information below:

Day #1 total kcal: _____

Day #2 total kcal: _____

Day #3 total kcal: _____

Total Kcal for all three days: _____:

3. Calculate the average daily energy intake:

Average # of calories consumed /day = Total kcal/3 = _____

II. Average Daily Energy Expenditure

You also need to determine the amount you use based on your physical activity. Keep a list of all your physical activities for each day. Use the table below to determine your activity for days 1 -3. Again, the data that you include may either be actual or hypothetical. **To calculate the total energy expended for each activity: Time (min) x Energy cost (kcal/kg/min) x weight (kg).** To covert weight in lbs. to kg divide by 2.2 (lbs./2.2 =kg). You must include a weight. **If you do not want to include your own, please use 143 pounds as a substitute and convert it to kg.**

Day #1

Physical Activity	Time spent (min)	Energy cost (kcal/kg min)	Weight (kg)	Total Energy Expended (kcal)

Total Energy Expended/day: _____

Day #2

Physical Activity	Time spent (min)	Energy cost (kcal/kg min)	Weight(kg)	Total Energy Expended (kcal)

Total Energy Expended/day: _____

Day #3

Physical Activity	Time spent (min)	Energy cost (kcal/kg min)	Weight (kg)	Total Energy Expended (kcal)

Total Energy Expended/day: _____

Energy Cost for Common Activities

Type of Activity	Energy Cost (kcal/kg min)
Sitting/standing still/studying/writing/eating/watching TV/using computer	0.022
Very light Activity/driving automobile/slow walking	.044
Light exercise/walking at a moderate pace/light housekeeping/carrying books/backpack or packages	.063
Moderate Exercise/walking fast/slow dancing/golf/bicycling at a slow speed	.09
Substantial Exercise/fast dancing/uphill walking/jogging/swimming quickly	.154
Serious Exercise/Soccer/Tennis/Running/active sports or aerobics	.24
Competitive Sports /wrestling/boxing/rowing, etc.	.31

To calculate your average daily energy expenditure:

Average # of calories expended in physical activity = Sum of Total energy expended/day divided by 3 = _____

Based on your results, are your eating habits allowing you to maintain your current weight or do you need to make adjustments to your diet so that you don't gain weight? Explain. **(Please remember that you do not have to disclose any information that you do not wish to, and for the purpose of this course, it will be assumed that this information is strictly hypothetical (imaginary)).**

III. Questions:

1. What food choices would help make up a balanced breakfast?
2. List two types of information that you can find on a food label.
3. How can the Nutrition Facts label on foods help a person make healthy decisions?
4. Why do you think nutritionists recommend cutting down on fatty foods and limiting those with a lot of sugar?
5. Which food types should you include every day to have a more healthful diet?

The lab report associated with this assignment is due at 11:59 PM ET on Sunday evening.