Nutrition Project

1. Download the “My Fitness Pal” app to your mobile device and use it to record what you eat for 3 days. Two of these days should be weekdays and one should be a weekend day. Do not change your eating habits. Print your daily summary and attach to this assignment. Print your reports for each day and attach them to this assignment.
2. Enter your personal information in the goals section of “My Fitness Pal”. Once your age, weight, birthday, and physical activity levels have been entered calculate your optimal daily requirement of protein, carbohydrates, and fat in grams as well as a percentage of your daily food intake.
3. Write a 1 page paper comparing and contrasting what you should be getting to what you are currently getting. Your paper should include one paragraph each (4 total) for calories, carbohydrates, protein, and fat. Conclude with a paragraph on how you can change your eating habits to better match the recommendations.

# Things to remember:

If you need to do manual calculations:

* Carbohydrates – 50-60% - 1 gram = 4 calories
* Protein – 10-20% - 1 gram = 4 calories
* Fat – 15-25% - 1 gram = 9 calories

If you should be eating a 2000 calorie diet you can calculate how many calories of your diet should be carbs, proteins, or fats using the following example as a guide:

2000 x .50 = 1000 2000 x .60 = 1200 1000-1200 of your calories should come from carbs.

If you should be eating a 2000 calorie diet you can calculate how many grams of carbohydrates, proteins, or fats you should be eating using the following example as a guide:

1000/4 = 250 1200/4 = 300 You should be consuming between 250-300g of carbs.

# Rubric:

3 Day Food Record – 15 marks

Daily summaries should be attached to this assignment.

Paper – 25 marks.

Should include a compare/contrast of total calories, protein, carbohydrates, and fat and a summary of what you need to improve on in your diet.

**Total = 40 marks**