**Dietary Analysis Lab**

A large part of your health is determined by the quality and quantity of the food you eat. Thousands of substances go into the different foods you eat, making nutrition a very complicated and interesting science. A full understanding of all the important aspects of nutrition is beyond the scope of this text. In this manual, you have been informed of the principles of basic nutrition and hopefully this information will allow you to make healthy and practical decisions about what you eat.

For the next 7 days, you will be recording what you eat and drink into a web program, Super Tracker. Your first step will be to set up an account with: MyFitnessPal

**Account set-up:**

1. Go to [www.myfitnesspal.com](http://www.myfitnesspal.com)
2. Sign up for a free account, entering your information after your create a user name and password.
3. Skip recommending friends….a click “Get Started Now”

**Lab Instructions:**

* Track your food and beverage intake over the course of one continuous week & record your intake in the daily log (found on the last page of this lab).
* Everything counts, even water and chewing gum, so be honest in your tracking!
* It is best to write down your intake every day so you are not trying to remember what you ate all week.
* Visit Myfitnesspal.com daily to track your intake.On your homepage, click “Add Food”.
* Select a meal, and click “add food” again.
* Type in your food or beverage one at a time into the search box, and select the best option from the list provided.
* Be sure to select the amount you consumed on the right hand side, and “Add Food to Diary”.
* You can continue to add your food for the day, and each entry you will see your daily intake.
* After 1 week, you will need to click on the “View Full Report” at the bottom of the screen. Be sure to change the dates of the report to reflect the entire week in which you were tracking your intake.

**You will need to turn in:**

* 1. Your written chart (found below)
  2. Your printable diary of your Nutritional Intake
  3. A typed reflection on your assessment: a paragraph describing how this lab affected the way you view your nutrition habits. **Make sure to answer these questions:**
     + What did you learn from this lab?
     + Are you content with your eating habits or are there habits you might change?
     + If you are content, what about your eating habits are you happy with?
     + If you are going to change, what are some strategies to help you change?