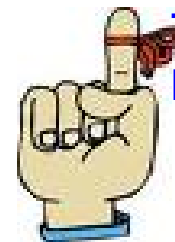


## Lab 3 Nutritional Analyses

- I. Attendance Please see us if your name is not called!
- II. Goals Analyze your diet with **DA+ (Diet Analysis Plus)** only available on our lab computers today & if time-permitting, input identical dietary data into **SuperTracker** <https://www.choosemyplate.gov/SuperTracker/default.aspx> Use flash drive &/or send yourself e-mails with .pdf attachments checked both at sending & receiving ends!
- III. Print 3 Reports (x2, so 6 total: **3 DA+**, **3 SuperTracker**) outside of lab by exporting .pdf files & e-mailing yourself. Can access **SuperTracker** later, but remember the dates!
  - A. For **DA Plus**
    1. DRI Report (Dietary Reference Intakes)
    2. Intake vs Goals (bar graph)
    3. MyPlate/MyPyramid Analysis
  - B. For **SuperTracker** (My Reports)
    1. Food Groups & Calories
    2. Nutrients
    3. Meal Summary (*Food Details optional*)
- IV. Analyze Results & Answer Q on pp 3-5 thru 3-7



...staple all 6 reports to the last page of Lab 3 before turning in your Lab notebook!

*Diet Analysis Plus System* is on your lab computer. If not already open, look for the *DA Plus* green icon on the desktop or within the *Applications* folder.



DA

## Profile: What You Need

### Profile

Profile Name	phantom
Sex	Male
Height	5 ft. 10 inch.
Weight	173
Age	56 years
BMI	25
Activity Level	Active
Smoker	no
Vegetarian	no

### DRI Goals

Nutrient	DRI
----------	-----

#### Energy

Calories	2888 kcal	
Carbohydrates	325 - 469 g	45%-65% of kilocalories
Fat	64 - 112 g	20%-35% of kilocalories
Protein	72 - 253 g	10%-35% of kilocalories
Protein	62.78 g	Daily requirement based on grams per kilogram of body weight

#### Fat


Saturated Fat	32 g	less than 10% of calories recommended
Monounsaturated Fat	-	No recommendation
Polyunsaturated Fat	-	No recommendation
Cholesterol	300 mg	less than 300mg recommended

# Intake vs. Goals: What You Got

Oct 12, 2011

Pat Lombardi, lombardi@uoregon.edu

Profile: Phantom, Intake vs. Goals for Oct 12, 2011 - Oct 12, 2011

 Nutrient	DRI	Intake	0%	25%	50%	75%	100%
<b>Energy</b>							
Kilocalories	2398 kcal	2,111.85 kcal					88%
Protein	62.41 g	110.83 g					178%
Carbohydrate	258.0 - 373.0 g	244.63 g					
Fat, Total	51.0 - 89.0 g	80.04 g					
<b>Fat</b>							
Saturated Fat	< 23 g	17.71 g					77%
Monounsaturated Fat	*	36.5 g					
Polyunsaturated Fat	*	16.75 g					
Trans Fatty Acid	*	0.15 g					
Cholesterol	< 300 mg	403.4 mg					134%
<b>Essential Fatty Acids</b>							
Omega-6 Linoleic	14 g	10.94 g					78%
Omega-3 Linolenic	1.6 g	1.79 g					112%
<b>Carbohydrates</b>							
Dietary Fiber, Total	30 g	28.72 g					96%
Sugar, Total	*	92.5 g					
<b>Other</b>							
Water	3.7 L	1.43 L					39%
Alcohol	*	0 g					

# **MyPlate Analysis**

## **How This Compares to What's Recommended by MyPlate**

Oct 12, 2011

Pat Lombardi, lombardi@uoregon.edu

Profile: Phantom, MyPlate Analysis for Oct 12, 2011 - Oct 12, 2011

	Goal*		Actual	% Goal
<b>Grains</b>	8.0 oz. eq.	tips	6.9 oz. eq.	85.7%
<b>Vegetables</b>	3.0 cup eq.	tips	3.1 cup eq.	104%
<b>Fruits</b>	2.0 cup eq.	tips	3.8 cup eq.	190.9%
<b>Dairy</b>	3.0 cup eq.	tips	1 cup eq.	33.3%
<b>Protein Foods</b>	6.5 oz. eq.	tips	10.9 oz. eq.	168.2%
<b>Empty Calories</b>	362.0		337.4	93.2%



Your results are based on a 2398 calorie pattern.

**Make Half Your Grains Whole!** Aim for at least 4.0 oz. eq. whole grains.

# *Food List is Helpful, Too!*

Oct 12, 2011

Pat Lombardi, lombardi@uoregon.edu

Profile: Phantom, Daily Food Log for Oct 12, 2011

## **Breakfast**

ODWALLA B MONSTER Fruit Smoothie Blend, Blueberry	4 fl. oz.	70 kCal
Oatmeal, Cooked with Water	0.75 c.	125 kCal
CANNOLA Margarine, Soft	2 t.	67 kCal
Sugar, Brown	2 t.	23 kCal
Juice, Orange, Chilled, Includes from Concentrate, Fortified w Calcium	4 fl. oz.	59 kCal
ODWALLA Fruit Smoothie Blend, Strawberry Banana	4 fl. oz.	65 kCal
Beef, Chuck, Blade Roast, Select, Separable Lean, 0" Fat, Braised	0.5 oz.	34 kCal
Tomatoes, Red	0.25 item	6 kCal
Cucumber	1 t.	0 kCal
Eggs, Fried	1 item	90 kCal

## **Lunch**

Bagel, Sesame Seed, Enriched	0.25 item	46 kCal
Mustard, Yellow	0.5 t.	2 kCal
Beef, Chuck, Blade Roast, 0" Fat, Braised	2 oz.	197 kCal
Cucumber	0.2 c.	3 kCal
Tomatoes, Red	0.25 item	6 kCal

## **Dinner**

Pepper, Black, Ground	0.33 t.	2 kCal
Basil, Ground	0.12 t.	0 kCal
Pepper, Black, Ground	0.25 t.	1 kCal
Juice, Lemon	0.25 t.	0 kCal
Parsley, Dried	0.25 t.	0 kCal
Couscous, Cooked	0.75 c.	132 kCal
Snapper, Mixed Species, Cooked, Dry Heat	3 oz.	109 kCal

Today

**07/01/12**

**Physical Activity Target**

Week of 07/01/12 to 07/07/12 [i](#)

<b>Target</b>	AT LEAST 150 minutes per week
<b>Actual</b>	0 minutes

**Daily Calorie Limit**

<b>Allowance</b>	2600
<b>Eaten</b>	<span style="color: red;">▲</span> 3307
<b>Remaining</b>	0

**Daily Food Group Targets** [More Info>](#)

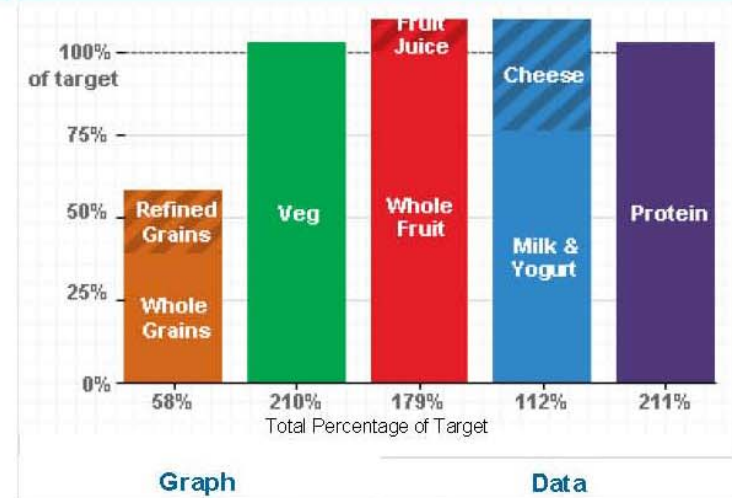
	Grains	Vegetables	Fruits	Dairy	Protein Foods
<b>Target</b>	9 oz.	3½ cup(s)	2 cup(s)	3 cup(s)	6½ oz.
<b>Eaten</b>	5½ oz.	7¼ cup(s)	3½ cup(s)	3¼ cup(s)	13½ oz.
<b>Status</b>	Under	Over	Over	OK	Over

## Food Tracker

Search and add food to view how your daily choices stack up to your food group targets and daily limits. Make tracking and planning ahead simple by using the Copy Meals and Create a Combo features.

Search:  for  [Go](#)

[Search Tips](#)



Related Links: [Nutrient Intake Report](#) | [View By Meal](#)

## Daily Limits

**Total Calories Eaten: 3307 ▲**  
**Empty Calories\* Eaten: 444 ▲**



# phantom's Food Groups and Calories Report 07/01/12 - 07/01/12

Your plan is based on a **2600 Calorie** allowance.

Food Groups	Target	Average Eaten	Status
<b>Grains</b>	<b>9 ounce(s)</b>	<b>5½ ounce(s)</b>	<b>Under</b>
Whole Grains	≥ 4½ ounce(s)	3½ ounce(s)	Under
Refined Grains	≤ 4½ ounce(s)	1½ ounce(s)	OK
<b>Vegetables</b>	<b>3½ cup(s)</b>	<b>7¼ cup(s)</b>	<b>Over</b>
Dark Green	2½ cup(s)/week	½ cup(s)	Under
Red & Orange	7 cup(s)/week	½ cup(s)	Under
Beans & Peas	2½ cup(s)/week	½ cup(s)	Under
Starchy	7 cup(s)/week	0 cup(s)	Under
Other	5½ cup(s)/week	6 cup(s)	Over
<b>Fruits</b>	<b>2 cup(s)</b>	<b>3½ cup(s)</b>	<b>Over</b>
Whole Fruit	No Specific Target	2 cup(s)	No Specific Target
Fruit Juice	No Specific Target	1½ cup(s)	No Specific Target
<b>Dairy</b>	<b>3 cup(s)</b>	<b>3¼ cup(s)</b>	<b>OK</b>
Milk & Yogurt	No Specific Target	2¼ cup(s)	No Specific Target
Cheese	No Specific Target	1 cup(s)	No Specific Target
<b>Protein Foods</b>	<b>6½ ounce(s)</b>	<b>13½ ounce(s)</b>	<b>Over</b>
Seafood	10 ounce(s)/week	13 ounce(s)	Over
Meat, Poultry & Eggs	No Specific Target	0 ounce(s)	No Specific Target
Nuts, Seeds & Soy	No Specific Target	½ ounce(s)	No Specific Target
<b>Oils</b>	<b>8 teaspoon</b>	<b>16 teaspoon</b>	<b>Over</b>
<b>Limits</b>	<b>Allowance</b>	<b>Average Eaten</b>	<b>Status</b>
<b>Total Calories</b>	<b>2600 Calories</b>	<b>3307 Calories</b>	<b>Over</b>
<b>Empty Calories*</b>	<b>≤ 362 Calories</b>	<b>444 Calories</b>	<b>Over</b>
<b>Solid Fats</b>	*	<b>293 Calories</b>	*
<b>Added Sugars</b>	*	<b>152 Calories</b>	*

\*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

**Note:** If you ate Beans & Peas and chose "Count as Protein Foods instead," they will be included in the Nuts, Seeds & Soy subgroup.



# phantom's Nutrients Report 07/01/12 - 07/01/12

Your plan is based on a **2600 Calorie** allowance.

Nutrients	Target	Average Eaten	Status
<b>Total Calories</b>	<b>2600 Calories</b>	<b>3307 Calories</b>	<b>Over</b>
<b>Protein (g)<sup>***</sup></b>	<b>56 g</b>	<b>181 g</b>	<b>OK</b>
<b>Protein (% Calories)<sup>***</sup></b>	<b>10 - 35% Calories</b>	<b>22% Calories</b>	<b>OK</b>
<b>Carbohydrate (g)<sup>***</sup></b>	<b>130 g</b>	<b>357 g</b>	<b>OK</b>
<b>Carbohydrate (% Calories)<sup>***</sup></b>	<b>45 - 65% Calories</b>	<b>43% Calories</b>	<b>Under</b>
<b>Dietary Fiber</b>	<b>30 g</b>	<b>51 g</b>	<b>OK</b>
<b>Total Fat</b>	<b>20 - 35% Calories</b>	<b>38% Calories</b>	<b>Over</b>
<b>Saturated Fat</b>	<b>&lt; 10% Calories</b>	<b>9% Calories</b>	<b>OK</b>
<b>Monounsaturated Fat</b>	<b>No Daily Target or Limit</b>	<b>15% Calories</b>	<b>No Daily Target or Limit</b>
<b>Polyunsaturated Fat</b>	<b>No Daily Target or Limit</b>	<b>11% Calories</b>	<b>No Daily Target or Limit</b>
<b>Linoleic Acid (g)<sup>***</sup></b>	<b>14 g</b>	<b>32 g</b>	<b>OK</b>
<b>Linoleic Acid (% Calories)<sup>***</sup></b>	<b>5 - 10% Calories</b>	<b>9% Calories</b>	<b>OK</b>
<b>α-Linolenic Acid (g)<sup>***</sup></b>	<b>1.6 g</b>	<b>4.2 g</b>	<b>OK</b>
<b>α-Linolenic Acid (% Calories)<sup>***</sup></b>	<b>0.6 - 1.2% Calories</b>	<b>1.1% Calories</b>	<b>OK</b>
<b>Omega 3 - EPA</b>	<b>No Daily Target or Limit</b>	<b>1808 mg</b>	<b>No Daily Target or Limit</b>
<b>Omega 3 - DHA</b>	<b>No Daily Target or Limit</b>	<b>2530 mg</b>	<b>No Daily Target or Limit</b>
<b>Cholesterol</b>	<b>&lt; 300 mg</b>	<b>340 mg</b>	<b>Over</b>
<b>Minerals</b>	<b>Target</b>	<b>Average Eaten</b>	<b>Status</b>
<b>Calcium</b>	<b>1000 mg</b>	<b>1814 mg</b>	<b>OK</b>
<b>Potassium</b>	<b>4700 mg</b>	<b>7348 mg</b>	<b>OK</b>
<b>Sodium<sup>**</sup></b>	<b>1500 mg</b>	<b>3805 mg</b>	<b>Over</b>
<b>Copper</b>	<b>900 µg</b>	<b>3407 µg</b>	<b>OK</b>
<b>Iron</b>	<b>8 mg</b>	<b>22 mg</b>	<b>OK</b>
<b>Magnesium</b>	<b>420 mg</b>	<b>692 mg</b>	<b>OK</b>
<b>Phosphorus</b>	<b>700 mg</b>	<b>3165 mg</b>	<b>OK</b>
<b>Selenium</b>	<b>55 µg</b>	<b>325 µg</b>	<b>OK</b>
<b>Zinc</b>	<b>11 mg</b>	<b>17 mg</b>	<b>OK</b>
<b>Vitamins</b>	<b>Target</b>	<b>Average Eaten</b>	<b>Status</b>
<b>Vitamin A</b>	<b>900 µg RAE</b>	<b>1270 µg RAE</b>	<b>OK</b>
<b>Vitamin B6</b>	<b>1.7 mg</b>	<b>4.0 mg</b>	<b>OK</b>
<b>Vitamin B12</b>	<b>2.4 µg</b>	<b>16.1 µg</b>	<b>OK</b>

## Meals from 07/01/12 - 07/01/12

### phantom's Meals

phantom, your plan is based on a **2600 Calorie** allowance.

Date	Breakfast	Lunch	Dinner	Snacks
07/01/12	<ul style="list-style-type: none"> <li>• 1 medium (7" to 7-7/8" long) Banana, raw</li> <li>• ¾ cup Blueberries, raw</li> <li>• ½ cup Milk, fat free (skim)</li> <li>• ½ cup Orange juice, frozen, calcium added (reconstituted with water)</li> <li>• 1 cup, spoon size biscuits Shredded Wheat Cereal, 100%</li> <li>• 3 large (1-3/8" across) Strawberries, raw</li> </ul>	<ul style="list-style-type: none"> <li>• 1½ tablespoon Blue or roquefort cheese dressing</li> <li>• ½ cup Chickpeas (garbanzo beans), canned (no fat added)</li> <li>• 1¼ cup Lettuce, green or red leaf</li> <li>• 1½ medium leaf Lettuce, green or red leaf</li> <li>• 1 tablespoon Mayo, regular</li> <li>• ¼ cup Mushroom, fresh, cooked (no salt or fat added)</li> <li>• 2 teaspoon Mustard</li> <li>• 1 cup Orange juice, freshly squeezed</li> <li>• 1 hamburger or hot dog bun Roll, wheat or cracked wheat</li> <li>• 1½ slice (1 oz) Swiss cheese</li> <li>• 1 patty Vegetarian or soy burger (Boca burger, Gardenburger), no bun</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tablespoon Blue or roquefort cheese dressing</li> <li>• 1 regular slice (3-3/4" x 5" x 1/2") Bread, 100% whole wheat, homemade or bakery</li> <li>• ½ cup, cut stalks Broccoli, fresh, cooked (no salt or fat added)</li> <li>• ½ bar (1.5 oz) Chocolate candy, sweet or dark (Hershey's Special Dark)</li> <li>• 5 slice Cucumber, raw</li> <li>• 1 packet Hot pepper sauce</li> <li>• 1 sandwich Ice cream sandwich, light vanilla ice cream</li> <li>• 1½ tablespoon Jam, preserves, all flavors</li> <li>• 2 pat (teaspoon) Margarine, stick, salted</li> <li>• 1 tablespoon Mayo, regular</li> <li>• 1 cup Mushrooms, fresh, cooked (no salt or fat added)</li> <li>• 2 tablespoon Olive oil</li> <li>• 1 cup Onion, fresh, cooked (no salt or fat added)</li> <li>• ½ small porgy Porgy, (snapper), baked or broiled with oil</li> <li>• 2 cup Salad, with lettuce, avocado, tomatoes, and/or carrots, no dressing</li> </ul>	EMPTY