

# Lab 3 Nutritional Analyses

I. Attendance – Cards

II. Goals Analyze your diet with **SuperTracker**

<https://www.choosemyplate.gov/SuperTracker/default.aspx>

Time permitting, also input your diet into DA Plus on your lab computer & send yourself e-mail attachments.

III. Print 3 Reports (x2) Outside of Lab by exporting .pdf files and e-mailing yourself these .pdfs as attachments or by re-accessing **SuperTracker**

A. For SuperTracker (*My Reports*)

1. Food Groups & Calories

2. Nutrients

3. Meal Summary (*Food Details optional*)

B. For DA Plus

1. DRI Report (Dietary Recommended Intakes)

2. Intake vs Goals (bar graph)

3. MyPlate/MyPyramid Analysis



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

IV. Analyze Results & Answer Q on pp 3-5 thru 3-7

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>](#)

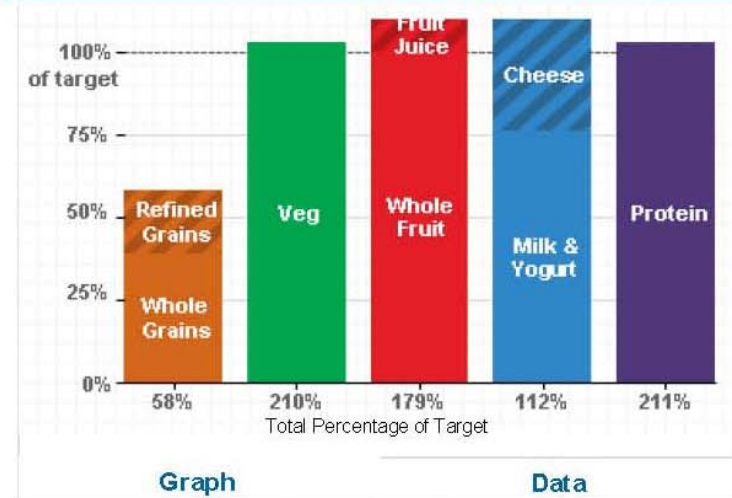
	Grains	Vegetables	Fruits	Dairy	Protein Foods
<b>Target</b>	9 oz.	3½ cup(s)	2 cup(s)	3 cup(s)	6½ oz.
<b>Eaten</b>	5½ oz.	7¼ cup(s)	3½ cup(s)	3¼ cup(s)	13½ oz.
<b>Status</b>	Under	Over	Over	OK	Over

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

## 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

*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
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#### 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