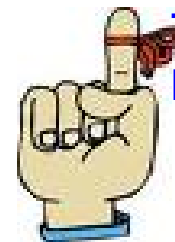


Lab 3 Nutritional Analyses

- 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% |
|--|-----------------|---------------|----|-----|-----|-----|------|
| Energy | | | | | | | |
| 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 | | | | | |
| Fat | | | | | | | |
| 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% |
| Essential Fatty Acids | | | | | | | |
| Omega-6 Linoleic | 14 g | 10.94 g | | | | | 78% |
| Omega-3 Linolenic | 1.6 g | 1.79 g | | | | | 112% |
| Carbohydrates | | | | | | | |
| Dietary Fiber, Total | 30 g | 28.72 g | | | | | 96% |
| Sugar, Total | * | 92.5 g | | | | | |
| Other | | | | | | | |
| 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 |
|-----------------------|-------------|------|--------------|--------|
| Grains | 8.0 oz. eq. | tips | 6.9 oz. eq. | 85.7% |
| Vegetables | 3.0 cup eq. | tips | 3.1 cup eq. | 104% |
| Fruits | 2.0 cup eq. | tips | 3.8 cup eq. | 190.9% |
| Dairy | 3.0 cup eq. | tips | 1 cup eq. | 33.3% |
| Protein Foods | 6.5 oz. eq. | tips | 10.9 oz. eq. | 168.2% |
| Empty Calories | 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](#)

| | |
|---------------|-------------------------------|
| Target | AT LEAST 150 minutes per week |
| Actual | 0 minutes |

Daily Calorie Limit

| | |
|------------------|------|
| Allowance | 2600 |
| Eaten | 3307 |
| Remaining | 0 |

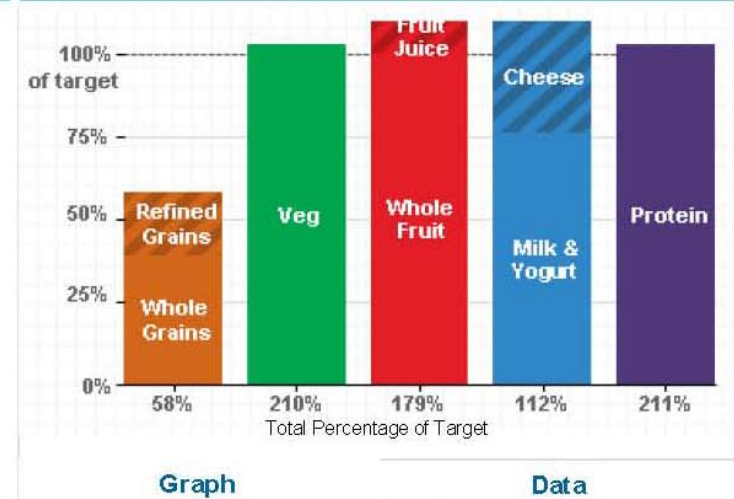
Daily Food Group Targets [More Info>](#)

| | Grains | Vegetables | Fruits | Dairy | Protein Foods |
|---------------|--------|------------|-----------|-----------|---------------|
| Target | 9 oz. | 3½ cup(s) | 2 cup(s) | 3 cup(s) | 6½ oz. |
| Eaten | 5½ oz. | 7¼ cup(s) | 3½ cup(s) | 3¼ cup(s) | 13½ oz. |
| Status | 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 |
|------------------------|-----------------------|----------------------|--------------------|
| Grains | 9 ounce(s) | 5½ ounce(s) | Under |
| Whole Grains | ≥ 4½ ounce(s) | 3½ ounce(s) | Under |
| Refined Grains | ≤ 4½ ounce(s) | 1½ ounce(s) | OK |
| Vegetables | 3½ cup(s) | 7¼ cup(s) | Over |
| 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 |
| Fruits | 2 cup(s) | 3½ cup(s) | Over |
| Whole Fruit | No Specific Target | 2 cup(s) | No Specific Target |
| Fruit Juice | No Specific Target | 1½ cup(s) | No Specific Target |
| Dairy | 3 cup(s) | 3¼ cup(s) | OK |
| Milk & Yogurt | No Specific Target | 2¼ cup(s) | No Specific Target |
| Cheese | No Specific Target | 1 cup(s) | No Specific Target |
| Protein Foods | 6½ ounce(s) | 13½ ounce(s) | Over |
| 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 |
| Oils | 8 teaspoon | 16 teaspoon | Over |
| Limits | Allowance | Average Eaten | Status |
| Total Calories | 2600 Calories | 3307 Calories | Over |
| Empty Calories* | ≤ 362 Calories | 444 Calories | Over |
| Solid Fats | * | 293 Calories | * |
| Added Sugars | * | 152 Calories | * |

*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) ^{***} | 56 g | 181 g | OK |
| Protein (% Calories) ^{***} | 10 - 35% Calories | 22% Calories | OK |
| Carbohydrate (g) ^{***} | 130 g | 357 g | OK |
| Carbohydrate (% Calories) ^{***} | 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) ^{***} | 14 g | 32 g | OK |
| Linoleic Acid (% Calories) ^{***} | 5 - 10% Calories | 9% Calories | OK |
| α-Linolenic Acid (g) ^{***} | 1.6 g | 4.2 g | OK |
| α-Linolenic Acid (% Calories) ^{***} | 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 ^{**} | 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"> • 1 medium (7" to 7-7/8" long) Banana, raw • ¾ cup Blueberries, raw • ½ cup Milk, fat free (skim) • ½ cup Orange juice, frozen, calcium added (reconstituted with water) • 1 cup, spoon size biscuits Shredded Wheat Cereal, 100% • 3 large (1-3/8" across) Strawberries, raw | <ul style="list-style-type: none"> • 1½ tablespoon Blue or roquefort cheese dressing • ½ cup Chickpeas (garbanzo beans), canned (no fat added) • 1¼ cup Lettuce, green or red leaf • 1½ medium leaf Lettuce, green or red leaf • 1 tablespoon Mayo, regular • ¼ cup Mushroom, fresh, cooked (no salt or fat added) • 2 teaspoon Mustard • 1 cup Orange juice, freshly squeezed • 1 hamburger or hot dog bun Roll, wheat or cracked wheat • 1½ slice (1 oz) Swiss cheese • 1 patty Vegetarian or soy burger (Boca burger, Gardenburger), no bun | <ul style="list-style-type: none"> • 1 tablespoon Blue or roquefort cheese dressing • 1 regular slice (3-3/4" x 5" x 1/2") Bread, 100% whole wheat, homemade or bakery • ½ cup, cut stalks Broccoli, fresh, cooked (no salt or fat added) • ½ bar (1.5 oz) Chocolate candy, sweet or dark (Hershey's Special Dark) • 5 slice Cucumber, raw • 1 packet Hot pepper sauce • 1 sandwich Ice cream sandwich, light vanilla ice cream • 1½ tablespoon Jam, preserves, all flavors • 2 pat (teaspoon) Margarine, stick, salted • 1 tablespoon Mayo, regular • 1 cup Mushrooms, fresh, cooked (no salt or fat added) • 2 tablespoon Olive oil • 1 cup Onion, fresh, cooked (no salt or fat added) • ½ small porgy Porgy, (snapper), baked or broiled with oil • 2 cup Salad, with lettuce, avocado, tomatoes, and/or carrots, no dressing | EMPTY |