

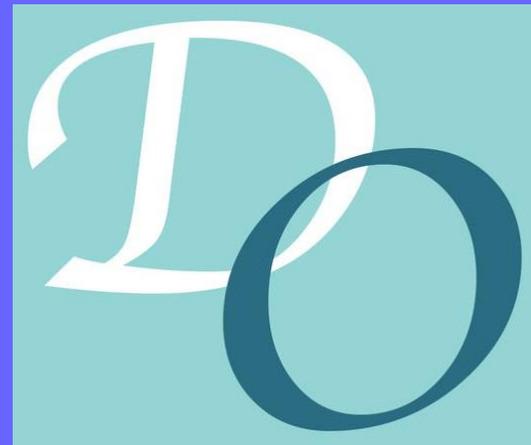
Lab 3 Nutritional Analyses

- I. Attendance Please see us if your name is not called!
- II. Goals Analyze your diet with **DietController** (**DC**) available on our lab computers today & input identical dietary data into **SuperTracker** - <https://www.supertracker.usda.gov/>
For **DC** use flash drive &/or send yourself e-mails with .pdfs attached; check all .pdfs at sending & receiving ends!
- III. Print 8 Reports (4 x 2 = 8 total: 4 **DC**, 4 **SuperTracker**) outside of lab. Export .pdfs & e-mail yourself. Can access **SuperTracker** on-line later, but remember to specify date/s!
 - A. For **DietController** (or Diet Organizer, PC-based)
 1. Daily Report
 2. Food Usage Report for Calories
 3. Food Usage Report for Fat
 4. Food Usage Report for Sodium
 - B. For **SuperTracker** (My Reports)
 1. Food Tracker data page (with bar graph)
 2. Food Groups & Calories
 3. Nutrients
 4. Meal Summary
- IV. Analyze Results & Answer Q on pp 3-5 & 3-6



...staple all 8 reports to page 3-8 of Lab 3 before turning in your Lab notebook!

Diet Controller (Mac) or Diet Organizer (PC) is on your lab computer. Open it on your desktop or within the Applications folder.



Daily Report

Phantom

9/18/2016

Food	Quantity	Calories (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)
Breakfast					
Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	1.5 g	5.1	1.2	0.2	0.0
Blueberries, frozen, unsweetened	0.5 cup, unthawed	39.5	9.4	0.3	0.5
Bananas, raw	1 medium (7" to 7-7/8" long)	105.0	27.0	1.3	0.4
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	1 cup	84.4	12.3	8.4	0.2
Egg, whole, cooked, fried	1 large	90.2	0.4	6.3	6.8
	Sub Total	324.2	50.3	16.4	7.9
Lunch					
Fish, tuna, white, canned in water, without salt, drained solids	3 oz	108.9	0.0	20.1	2.5
Salad dressing, mayonnaise, regular	0.75 tbsp	70.1	0.1	0.1	7.7
Mustard, prepared, yellow	1 tsp	3.5	0.3	0.2	0.2
Lettuce, red leaf, raw	2 leaf outer	5.4	0.8	0.5	0.1
Avocados, raw, California	0.25 fruit, without skin and seed	56.8	2.9	0.7	5.2
Tomatoes, red, ripe, raw, year round average	0.5 large whole (3" dia)	16.4	3.5	0.8	0.2
Cucumber, with peel, raw	0.2 cucumber (8-1/4")	9.0	2.2	0.4	0.1
Bananas, raw	1 medium (7" to 7-7/8" long)	105.0	27.0	1.3	0.4
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	2 cup (8 fl oz)	274.4	37.6	28.1	0.9
Blueberries, frozen, unsweetened	0.5 cup, unthawed	39.5	9.4	0.3	0.5
Sugars, brown	3 tsp unpacked	34.2	8.8	0.0	0.0
Nuts, walnuts, english	0.5 cup pieces or chips	392.4	8.2	9.1	39.1
	Sub Total	1115.6	100.8	61.6	56.9
Dinner					
GARDENBURGER, Veggie Medley Burger, frozen, unprepared	1 patty	85.2	16.8	3.0	2.5
Oil, canola	1 tsp	40.1	0.0	0.0	4.5
Lettuce, red leaf, raw	3 cup shredded	13.4	1.9	1.1	0.2
Tortillas, ready-to-bake or -fry, whole wheat	1.25 g	3.9	0.6	0.1	0.1
Tomatoes, red, ripe, raw, year round average	0.5 large whole (3" dia)	16.4	3.5	0.8	0.2
Avocados, raw, California	0.5 fruit, without skin and seed	113.6	5.9	1.3	10.5
Spices, pepper, black	0.25 tsp, ground	1.4	0.4	0.1	0.0
Cheese, parmesan, grated	1 tbsp	26.9	0.3	2.4	1.8
Cucumber, with peel, raw	0.2 cucumber (8-1/4")	9.0	2.2	0.4	0.1
Salad dressing, blue or roquefort cheese dressing, light	1 tbsp	13.4	2.1	0.3	0.4
Salad dressing, mayonnaise, regular	1 tbsp	93.5	0.1	0.1	10.3
Mustard, prepared, yellow	1 tsp	3.5	0.3	0.2	0.2
Bread, Multi-Grain, toasted (includes whole-grain)	2 slice regular	138.2	22.6	7.0	2.2
Jams and preserves	1 tbsp	55.6	13.8	0.1	0.0
Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	0.5 tablespoon	40.8	0.0	0.0	4.5
	Sub Total	655.0	70.3	16.9	37.5
Snacks					
	Sub Total				
	Total	2094.9	221.4	94.9	102.4

Food	<i>Food Usage Report for <u>Calories</u></i>		Calories (kcal)	%
Nuts, walnuts, english	392.4	18.7		
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	274.4	13.1		
Bananas, raw	210.0	10.0		
Avocados, raw, California	170.3	8.1		
Salad dressing, mayonnaise, regular	163.6	7.8		
Bread, Multi-Grain, toasted (includes whole-grain)	138.2	6.6		
Fish, tuna, white, canned in water, without salt, drained solids	108.9	5.2		
Egg, whole, cooked, fried	90.2	4.3		
GARDENBURGER, Veggie Medley Burger, frozen, unprepared	85.2	4.1		
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	84.4	4.0		
Blueberries, frozen, unsweetened	79.1	3.8		
Jams and preserves	55.6	2.7		
Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	40.8	1.9		
Oil, canola	40.1	1.9		
Sugars, brown	34.2	1.6		
Tomatoes, red, ripe, raw, year round average	32.8	1.6		
Cheese, parmesan, grated	26.9	1.3		
Lettuce, red leaf, raw	18.9	0.9		
Cucumber, with peel, raw	18.1	0.9		
Salad dressing, blue or roquefort cheese dressing, light	13.4	0.6		
Mustard, prepared, yellow	7.0	0.3		
Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	5.1	0.2		
Tortillas, ready-to-bake or -fry, whole wheat	3.9	0.2		
Spices, pepper, black	1.4	0.1		

Food	<i>Food Usage Report for <u>Fat</u></i>	Fat (g)	%
Nuts, walnuts, english		39.1	38.2
Salad dressing, mayonnaise, regular		18.0	17.6
Avocados, raw, California		15.7	15.4
Egg, whole, cooked, fried		6.8	6.7
Oil, canola		4.5	4.4
Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil		4.5	4.4
Fish, tuna, white, canned in water, without salt, drained solids		2.5	2.5
GARDENBURGER, Veggie Medley Burger, frozen, unprepared		2.5	2.4
Bread, Multi-Grain, toasted (includes whole-grain)		2.2	2.2
Cheese, parmesan, grated		1.8	1.7
Blueberries, frozen, unsweetened		1.0	1.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce		0.9	0.9
Bananas, raw		0.8	0.8
Salad dressing, blue or roquefort cheese dressing, light		0.4	0.4
Mustard, prepared, yellow		0.4	0.4
Tomatoes, red, ripe, raw, year round average		0.4	0.4
Lettuce, red leaf, raw		0.3	0.3
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)		0.2	0.2
Cucumber, with peel, raw		0.1	0.1
Tortillas, ready-to-bake or -fry, whole wheat		0.1	0.1
Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size		0.0	0.0
Spices, pepper, black		0.0	0.0
Jams and preserves		0.0	0.0
Sugars, brown		0.0	0.0

Food	<i>Food Usage Report for <u>Sodium</u></i>		Sodium (mg)	%
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	377.3	20.7		
GARDENBURGER, Veggie Medley Burger, frozen, unprepared	377.0	20.7		
Bread, Multi-Grain, toasted (includes whole-grain)	198.7	10.9		
Salad dressing, mayonnaise, regular	152.8	8.4		
Salad dressing, blue or roquefort cheese dressing, light	146.1	8.0		
Mustard, prepared, yellow	117.8	6.5		
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	104.3	5.7		
Cheese, parmesan, grated	95.6	5.2		
Egg, whole, cooked, fried	95.2	5.2		
Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	45.2	2.5		
Fish, tuna, white, canned in water, without salt, drained solids	42.5	2.3		
Lettuce, red leaf, raw	29.5	1.6		
Tomatoes, red, ripe, raw, year round average	9.1	0.5		
Avocados, raw, California	8.2	0.4		
Tortillas, ready-to-bake or -fry, whole wheat	6.4	0.4		
Jams and preserves	6.4	0.4		
Sugars, brown	2.5	0.1		
Cucumber, with peel, raw	2.4	0.1		
Bananas, raw	2.4	0.1		
Blueberries, frozen, unsweetened	1.6	0.1		
Nuts, walnuts, english	1.2	0.1		
Spices, pepper, black	0.1	0.0		
Oil, canola	0.0	0.0		
Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	0.0	0.0		

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

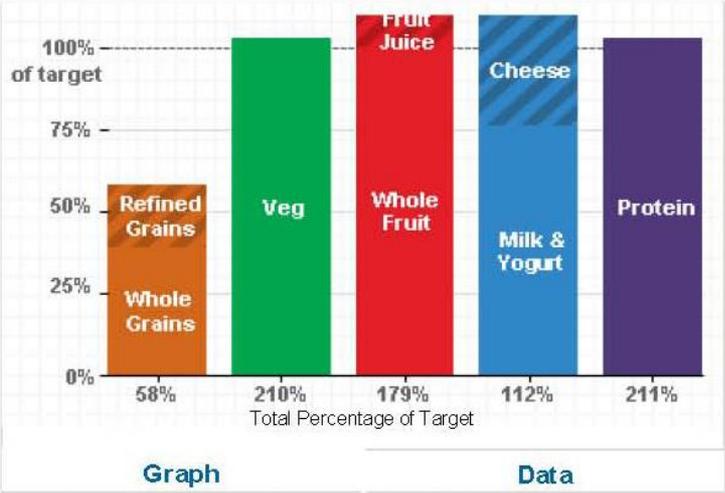
Daily Food Group Targets [More Info>](#)

	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