

Lab 3 Nutritional Analyses



- I. Attendance Name not called? Please see us!
- II. Goals Use *DietController* (*DC*) in lab to analyze your diet. Store files on flash drive &/or send yourself e-mails with .pdfs attached. Check all .pdfs at sending & receiving ends!
- III. Print 4 Reports outside of lab. Store on flash drive &/or save .pdfs & e-mail yourself! Check @ both sending and receiving ends! [Notice we repeated this twice!] 😊
 - 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
- IV. Analyze Results & Answer Q on pp 3-5 & 3-6



...staple all 4 reports to page 3-8 of Lab 3 before turning in your Lab notebook!

DietController (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	81.6	58.9
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	855.0	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		

Checkout with us prior to departure!

