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!**

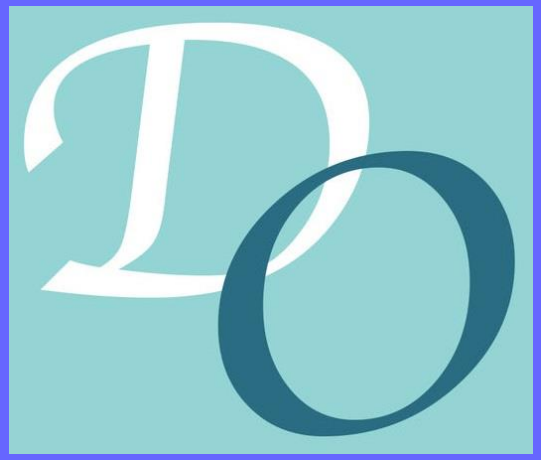
III. ***Print 4 Reports*** **outside of lab. Store on flash drive &/or save .pdfs & e-mail yourself! Check @ both sending and receiving ends! [Notice we repeated this twice!] ☺**

   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***

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

IV. ***Analyze Results & Answer Q on pp 3-5 & 3-6***

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



Phantom

Daily Report

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 Usage Report for Calories

Food	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

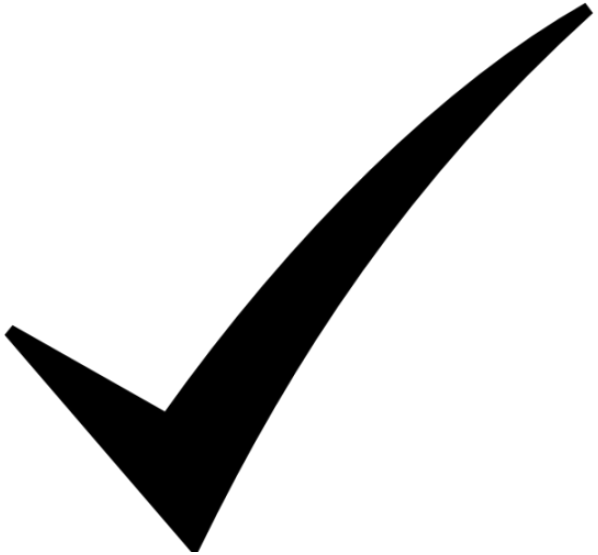
Food Usage Report for Fat

Food	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 Usage Report for Sodium

Food	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!



1. Female or Male Profile

2. Input Ht, Wt, Activity Level

3. Click Estimate Metabolic Rate

4. Click on Goals

5. Split Type Select USDA 60-15-25

6. Input/Verify Nutrient Goals

7. Check with Staff if Q?