

Discussion 4: Nutrition & Disease Prevention

I. Attendance – Cards

II. Goals Analyze your diet by using the **DA Plus** system on computer at your station. You'll compare this output with what you get from the USDA Supertracker website:
<https://www.choosemyplate.gov/SuperTracker/default.aspx>

III. E-mail .pdfs to Yourself Before You Leave

A. For DA Plus

- 1. Profile DRI Goals**
- 2. Intake vs. Goals (bar graph)**
- 3. MyPyramid Analysis**

DA+ only accessible today on our lab computers! So check .pdfs thoroughly before & after e-mailing!

B. For SuperTracker (My Reports)

- 1. Food Groups & Calories**
- 2. Nutrients**
- 3. Meal Summary (or Food Details)**

Supertracker is accessible on-line, so you can work on at home at a later date!

IV. Analyze Disease Prevention Effectiveness ...

Along with your .doc report, send 6 .pdf attachments to aleesas@uoregon.edu or precious@uoregon.edu

***NB: 10 am, 12 n A-L → Aleesa
12 n M-Z + 2 pm → Precious***

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 DRI Goals: 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

! Nutrient	DRI	Intake	0%	50%	100%
<u>energy</u>					
<u>Kilocalories</u>	2888 kcal	2065.95 kcal	 72%		
<u>Carbohydrate</u>	325 - 469 g	294.71 g			
<u>Fat, Total</u>	64 - 112 g	83.83 g			
<u>Protein</u>	72 - 253 g	59.61 g			
<u>Protein(g/kg/day)</u>	62.78 g	59.61 g	 95%		
<u>fat</u>					
<u>Saturated Fat</u>	< 10%	14.87 g			
<u>Monounsaturated Fat</u>	no rec	32.08 g			
<u>Polyunsaturated Fat</u>	no rec	26.3 g			
<u>Cholesterol</u>	300 mg	11.62 mg	 4%		
<u>efa</u>					
<u>Omega-6 Linoleic</u>	14 g	16.77 g	 120%		
<u>Omega-3 Linolenic</u>	1.6 g	1.14 g	 72%		
<u>carbs</u>					
<u>Dietary Fiber, Total</u>	30 g	35.83 g	 119%		
<u>Sugar, Total</u>	no rec	130.49 g			
<u>other</u>					
<u>Water</u>	3.7 L	1.74 L	 47%		
<u>Alcohol</u>	no rec	0 g			
<u>vitamins</u>					
<u>Thiamin</u>	1.2 mg	1.53 mg	 128%		
<u>Riboflavin</u>	1.3 mg	1.57 mg	 121%		
<u>Niacin</u>	16 mg	11.36 mg	 71%		
<u>Vitamin B6</u>	1.7 mg	1.61 mg	 95%		
<u>Vitamin B12</u>	2.4 µg	2.02 µg	 84%		
<u>Folate (DFE)</u>	400 µg	261.91 µg	 65%		
<u>Vitamin C</u>	90 mg	161.74 mg	 180%		

My Pyramid Analysis: **How This Compares to the Food Guidance System**



	Goal*		Actual	% Goal
Grains	10.0 oz. eq.		5.4 oz. eq.	54%
Vegetables	3.5 cup eq.		1.9 cup eq.	54%
Fruits	2.5 cup eq.		3.8 cup eq.	152%
Milk	3.0 cup eq.		1.5 cup eq.	50%
Meat & Beans	7.0 oz. eq.		8 oz. eq.	114%
Discretionary	426.0		330.3	78%

Your results are based on a **2888 calorie pattern.**

Make Half Your Grains Whole! Aim for at least 5 whole grains.



















Vary Your Veggies! Aim for this much every week:

- Dark Green Vegetables = 3.0 cups weekly
- Orange Vegetables = 2.0 cups weekly
- Dry Beans & Peas = 3.0 cups weekly
- Starchy Vegetables = 6.0 cups weekly
- Other Vegetables = 7.0 cups weekly

Oils: Aim for 8.0 teaspoons of oil a day.

Food List is Helpful, Too!

Breakfast

 	MAZOLA Reduced Calorie Diet Margarine	1.25 T.
 	Cucumber	0.125 item
 	Red Tomato	0.2 item
 	Pineapple Juice, Unsweetened, Prepared from Frozen Concentrate	8.0 fl. oz.
 	Oatmeal, Cooked with Water	1.5 c.
 	Brown Sugar	1.5 t.
 	HERSHEY'S Milk Chocolate Chips	0.125 t.
 	Grape Juice, Unsweetened, with Added Vitamin C	8.0 fl. oz.
 	Shredded Wheat Cereal, Small Biscuit	2.0 T.

Lunch

 	Low Sodium Bread	1 sl.
 	Low Sodium Peanut Butter	1.5 T.
 	Jam or Preserves	1.5 t.
 	Apple	1.75 item
 	Banana	1 item



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>](#)

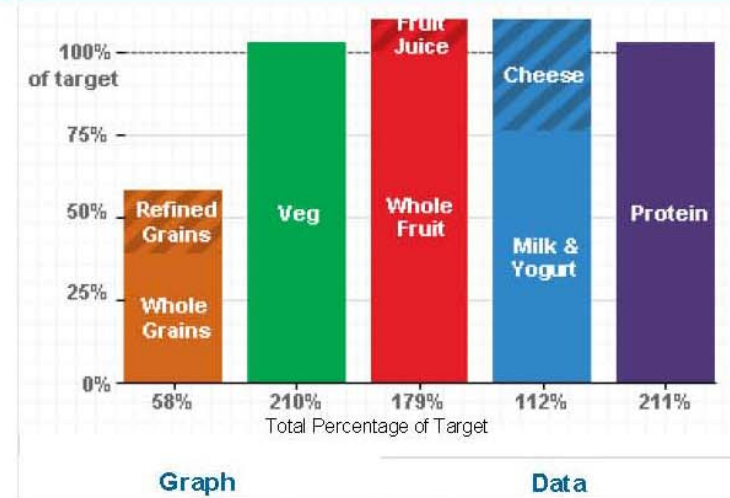
	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	9 oz.	3½ cup(s)	2 cup(s)	3 cup(s)	6½ oz.
Eaten	5½ oz.	7¼ cup(s)	3½ cup(s)	3¼ cup(s)	13½ oz.
Status	Under	Over	Over	OK	Over

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

IV. Analyze Disease Prevention Effectiveness of Your Diet

- A. See American Institute for Cancer Research (AICR)
Learn About the Foods that Fight Cancer

<http://www.aicr.org/foods-that-fight-cancer/>

- B. See American Heart Association (AHA). Healthy Lifestyle,
Diet & Nutrition, Diet & Lifestyle Recommendations

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp

- C. See Centers for Disease Control & Prevention (CDC)

<http://www.fruitsandveggiesmatter.gov/>

- D. See HHS Dietary Guidelines for Americans

<http://healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity>

- E. See DASH & OmniHeart diets

http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/dash_brief.pdf

http://cspinet.org/new/pdf/cover_-_what_should_i_eat.pdf

- F. Count # of preventative foods in the diet you analyzed
that are listed on the above websites.

- G. Make modifications for a lifetime!! 😊