

Lab/Discussion 4: Nutrition & Disease Prevention

I. Attendance – Cards

II. Goals Analyze your diet by using the Diet Controller on computer at your station. You'll compare this output with your data from <https://www.supertracker.usda.gov/>

III. E-mail 8 .pdfs to Yourself Before You Leave. For the:

A. Diet Controller

- 5** {
1. Daily Report
 2. Calories Food Usage Report
 3. Fat Food Usage Report
 4. Saturated Fat Food Usage Report
 5. Sodium Food Usage Report

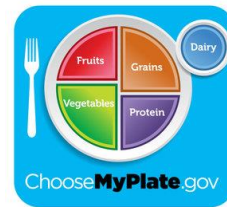


DC only accessible today on our lab computers! So check .pdfs thoroughly before & after e-mailing!

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B. SuperTracker

- 3** {
1. Bar Chart or front page
 2. Food Groups & Calories
 3. Nutrients
 4. Meal Summary/Food Details (optional)



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

IV. Analyze Disease Prevention Effectiveness

Along w/Q answered in .doc report, send ≥ 8 data .pdfs to aleviche@uoregon.edu or conoro@uoregon.edu

NB: 10 am + A-L 2 pm → Stacy; 12 n + M-Z 2 pm → Conor

Diet Controller is on your lab computer. If not open, look for the ***Diet Controller*** green apple icon on the desktop or within the ***Applications*** folder.





Daily Report

1

Phantom

Daily Report

1/23/2017

Food	Quantity	Calories (kcal)	Carbohydrate (g)	Protein (g)	Fat (g)	Saturated Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Fiber (g)	Sugars (g)	Alcohol (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	
Breakfast																			
Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	0.75 cup (1 NLEA serving)	120.0	28.5	3.9	0.7	0.1	0.4	0.1	0.0	0.0	138.4	5.2	0.3	0.0	0.0	0.0	15.6	1.4	
Blueberries, frozen, unsweetened	0.25 cup, unthawed	19.8	4.7	0.2	0.2	0.0	0.1	0.0	0.0	0.4	20.9	1.0	3.3	0.0	17.8	1.0	3.1	0.1	
Bananas, raw	1 large (8" to 8-7/8" long)	121.0	31.1	1.5	0.4	0.2	0.1	0.0	0.0	1.4	486.9	3.5	16.6	0.0	87.0	11.8	6.8	0.4	
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0.5 cup	42.2	6.2	4.2	0.1	0.1	0.0	0.0	2.5	52.2	193.7	0.0	6.3	0.0	253.3	0.0	151.5	0.0	
Orange juice, chilled, includes from concentrate, fortified with calcium and vitamin D	0.75 cup	89.0	21.3	1.3	0.2	0.0	0.1	0.0	0.0	3.8	337.0	0.6	15.7	0.0	79.5	63.6	265.0	0.2	
Sub Total		392.0	91.8	11.0	1.8	0.4	0.7	0.3	2.5	57.7	1176.9	10.4	42.2	0.0	437.7	76.4	442.0	2.1	
Lunch																			
MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	1.25 serving	183.0	31.6	5.5	3.8	0.4	0.6	1.8		572.5							121.8	1.3	
Lettuce, red leaf, raw	2 leaf outer	5.4	0.8	0.5	0.1					8.5	63.6	0.3	0.2		2547.3	1.3	11.2	0.4	
Lettuce, green leaf, raw	1 leaf outer	3.6	0.7	0.3	0.0	0.0	0.0	0.0	0.0	6.7	46.6	0.3	0.2	0.0	1777.2	2.2	8.6	0.2	



Daily Report (continued)

1

Today's Calories

Metabolic Rate	2512
Exercise	0
DietPlan	0
Today's Intake	-1950
Net (Remaining)	562

Calorie Breakdown

	Carbohydrate	Protein	Fat	Alcohol
Today	56%	13%	31%	0%
Goal	0%	0%	0%	0%



Calories: Food Usage Report # 2

Food Usage Report for Phantom 1/23/2017 to 1/23/2017

Food	Calories (kcal)	%
Avocados, raw, California	227.1	11.6
Bananas, raw	226.1	11.6
Potatoes, microwaved, cooked in skin, skin, without salt	224.5	11.5
MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	183.0	9.4
Cookies, oatmeal, dry mix	131.0	6.7
Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	122.4	6.3
Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	120.0	6.2
Cheese, blue	119.1	6.1
Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted	98.7	5.1
Orange juice, chilled, includes from concentrate, fortified with calcium and vitamin D	89.0	4.6
Cookies, chocolate chip, prepared from recipe, made with margarine	78.1	4.0
Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	56.6	2.9
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	42.2	2.2
Oil, corn, peanut, and olive	39.8	2.0



Fat: Food Usage Report

3

Food Usage Report for Phantom 1/23/2017 to 1/23/2017

Food	Fat (g)	%
Avocados, raw, California	21.0	29.8
Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	13.6	19.3
Cheese, blue	9.7	13.8
Cookies, oatmeal, dry mix	5.4	7.7
Cookies, chocolate chip, prepared from recipe, made with margarine	4.5	6.4
Oil, corn, peanut, and olive	4.5	6.4
MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	3.8	5.4
Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted	2.7	3.8
Cheese, parmesan, grated	1.2	1.7
Bananas, raw	0.8	1.2
Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	0.7	1.1
Broccoli, cooked, boiled, drained, without salt	0.5	0.6
Salad dressing, blue or roquefort cheese dressing, light	0.4	0.6
Blueberries, frozen, unsweetened	0.2	0.4

NB: ≤ 60 g of Total Fat/d Optimal



Saturated Fat: Food Usage Report # 4

Food Usage Report for Phantom 1/23/2017 to 1/23/2017

Food	Saturated Fat (g)	%
Cheese, blue	6.3	33.2
Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	3.5	18.5
Avocados, raw, California	2.9	15.2
Cookies, oatmeal, dry mix	1.3	7.1
Cookies, chocolate chip, prepared from recipe, made with margarine	1.3	6.8
Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted	0.9	4.8
Cheese, parmesan, grated	0.7	3.8
Oil, corn, peanut, and olive	0.6	3.4
MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	0.4	2.3
Bananas, raw	0.3	1.5
Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	0.1	0.7
Salad dressing, blue or roquefort cheese dressing, light	0.1	0.5
Broccoli, cooked, boiled, drained, without salt	0.1	0.5
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0.1	0.4

NB: ≤ 20 g of Saturated Fat/d Optimal



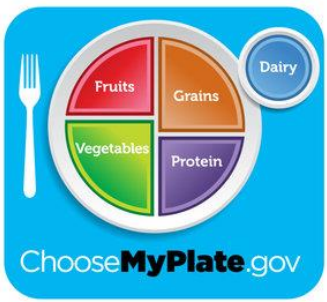
Sodium: Food Usage Report

5

Food Usage Report for Phantom 1/23/2017 to 1/23/2017

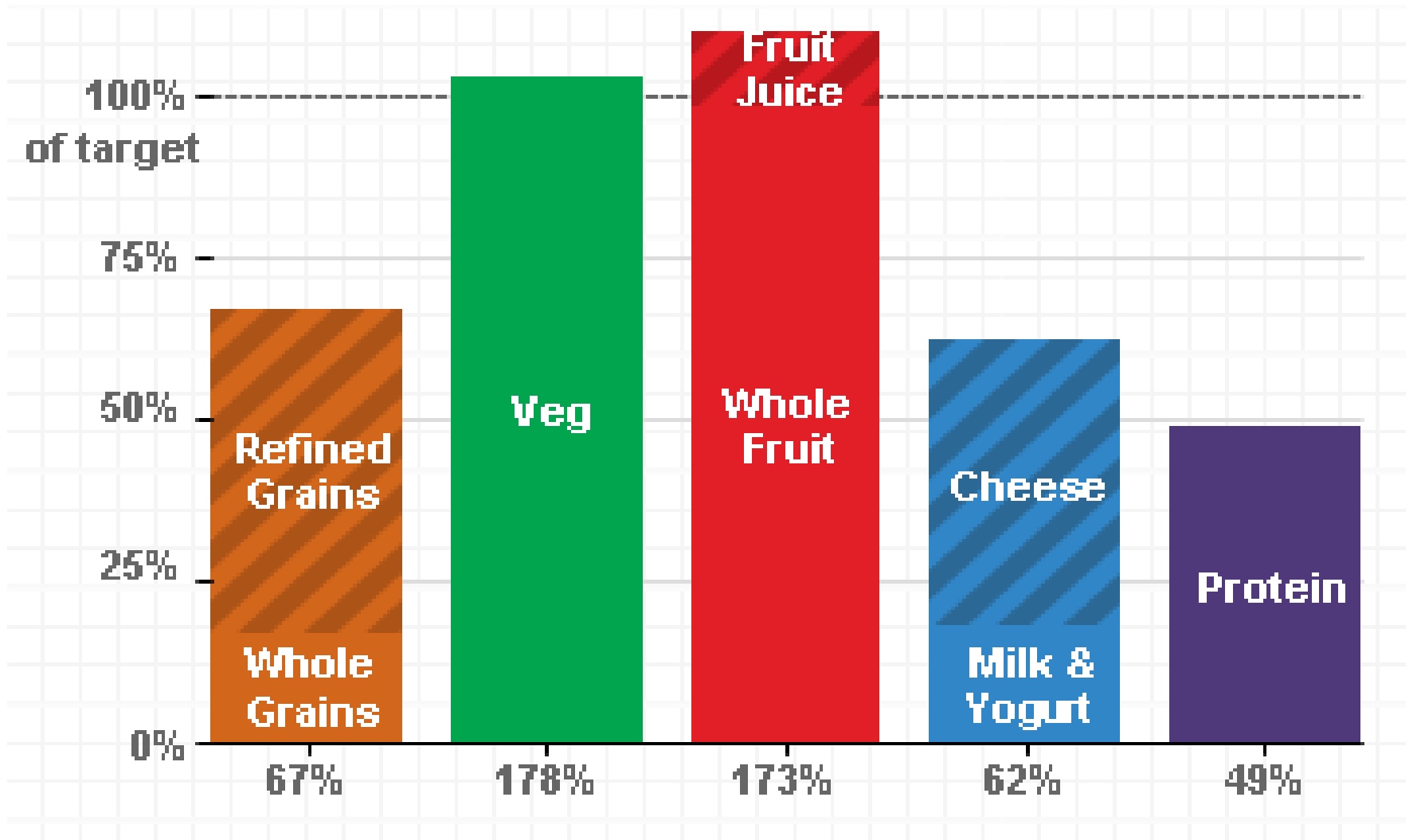
Food	Sodium (mg)	%
MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	572.5	29.2
Cheese, blue	386.8	19.8
Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted	196.5	10.0
Salad dressing, blue or roquefort cheese dressing, light	146.1	7.5
Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	135.7	6.9
Cookies, oatmeal, dry mix	134.1	6.9
Cheese, parmesan, grated	63.7	3.3
Cookies, chocolate chip, prepared from recipe, made with margarine	57.8	3.0
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	52.2	2.7
Broccoli, cooked, boiled, drained, without salt	45.5	2.3
Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	35.7	1.8

NB: ≤ 1500 mg of Sodium/d Optimal



1

SuperTracker Bar Chart





SUPERTRACKER

USDA United States Department of Agriculture

Today

01/23/17

Physical Activity Target

Week of 01/22/17 to 01/28/17

Target	AT LEAST 150 minutes per week
Actual	0 minutes

Daily Calorie Limit

Allowance	2400
Eaten	2062
Remaining	338

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

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	8 oz.	3 cup(s)	2 cup(s)	3 cup(s)	6 1/2 oz.
Eaten	5 1/2 oz.	5 1/4 cup(s)	3 1/2 cup(s)	1 1/4 cup(s)	3 oz.
Status	Under	Over	Over	Under	Under

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: All Foods

for

Search Tips

[Food Details](#) | [My Favorite Foods List](#)

Search for food to see details here.

Meals

[Copy Meals](#) | [Clear](#) | [Create Combo](#) | [Create Recipe](#)

Total Eaten: 2062 Calories

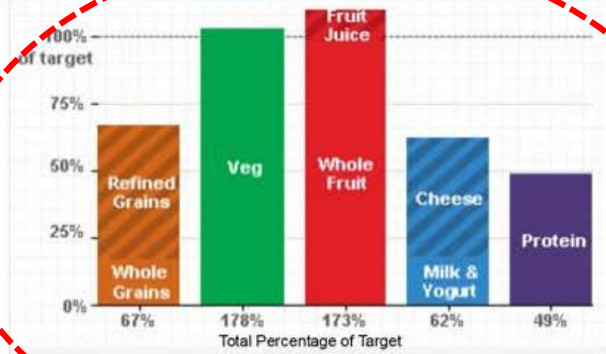
Breakfast 395 Calories

Shredded Wheat Bran Cereal 125 Calories
3/4 cup
[My Favorite](#) [Remove](#) [Edit](#)

Milk, fat free (skim) 42 Calories
1/2 cup
[My Favorite](#) [Remove](#) [Edit](#)

Orange juice, frozen, calcium added (reconstituted with water) 88 Calories
3/4 cup
[My Favorite](#) [Remove](#) [Edit](#)

Blueberries, frozen, unsweetened 20 Calories
1/4 cup



Graph

Data

Related Links: [Nutrient Intake Report](#) | [View By Meal](#)

Daily Limits

Total Calories Eaten: **2062**



Added Sugars

Eaten: 11 g
Limit: 60 g

Saturated Fat

Eaten: 26g
Limit: 27g

Sodium

Eaten: 2397mg
Limit: 1500mg



phantom's Food Groups and Calories Report 01/23/17 - 01/23/17 # 2

Your plan is based on a **2400 Calorie** allowance.

Food Groups	Target	Average Eaten	Status
Grains	8 ounce(s)	5½ ounce(s)	Under
Whole Grains	≥ 4 ounce(s)	1½ ounce(s)	Under
Refined Grains	≤ 4 ounce(s)	4 ounce(s)	OK
Vegetables	3 cup(s)	5¼ cup(s)	Over
Dark Green	2 cup(s)/week	1¼ cup(s)	Under
Red & Orange	6 cup(s)/week	¾ cup(s)	Under
Beans & Peas	2 cup(s)/week	0 cup(s)	Under
Starchy	6 cup(s)/week	1½ cup(s)	Under
Other	5 cup(s)/week	1¼ cup(s)	Under
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)	1¼ cup(s)	Under
Milk & Yogurt	No Specific Target	½ cup(s)	No Specific Target
Cheese	No Specific Target	1¼ cup(s)	No Specific Target
Protein Foods	6½ ounce(s)	3 ounce(s)	Under
Seafood	10 ounce(s)/week	0 ounce(s)	Under
Meat, Poultry & Eggs	No Specific Target	3 ounce(s)	No Specific Target
Nuts, Seeds & Soy	No Specific Target	0 ounce(s)	No Specific Target
Oils	7 teaspoon	8 teaspoon	Over
Limits	Limit	Average Eaten	Status
Total Calories	2400 Calories	2062 Calories	Under
Added Sugars	< 240 Calories	43 Calories	OK
Saturated Fat	< 240 Calories	232 Calories	OK

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 01/23/17 - 01/23/17



3

Your plan is based on a **2400 Calorie** allowance.

Nutrients	Target	Average Eaten	Status
Total Calories	2400 Calories	2062 Calories	Under
Protein (g) ^{***}	56 g	74 g	OK
Protein (% Calories) ^{***}	10 - 35% Calories	14% Calories	OK
Carbohydrate (g) ^{***}	130 g	277 g	OK
Carbohydrate (% Calories) ^{***}	45 - 65% Calories	54% Calories	OK
Dietary Fiber	30 g	37 g	OK
Total Sugars	No Daily Target or Limit	98 g	No Daily Target or Limit
Added Sugars	< 60 g	11 g	OK
Total Fat	20 - 35% Calories	36% Calories	Over
Saturated Fat	< 10% Calories	11% Calories	Over
Polyunsaturated Fat	No Daily Target or Limit	7% Calories	No Daily Target or Limit
Monounsaturated Fat	No Daily Target or Limit	16% Calories	No Daily Target or Limit
Linoleic Acid (g) ^{***}	14 g	13 g	Under
Linoleic Acid (% Calories) ^{***}	5 - 10% Calories	5% Calories	OK
α-Linolenic Acid (% Calories) ^{***}	0.6 - 1.2% Calories	1.0% Calories	OK
α-Linolenic Acid (g) ^{***}	1.6 g	2.2 g	OK
Omega 3 - EPA	No Daily Target or Limit	0 mg	No Daily Target or Limit
Omega 3 - DHA	No Daily Target or Limit	3 mg	No Daily Target or Limit
Cholesterol	< 300 mg	136 mg	OK
Minerals	Target	Average Eaten	Status

⋮



phantom's Meals

Your plan is based on a **2400 Calorie** allowance.

Date	Breakfast	Lunch	Dinner	Dinner
01/23/17	<ul style="list-style-type: none"> • 1 large (8" to 8-7/8" long) Banana, raw • ¼ cup Blueberries, frozen, unsweetened • ½ cup Milk, fat free (skim) • ¾ cup Orange juice, frozen, calcium added (reconstituted with water) • ¾ cup Shredded Wheat'N Bran Cereal 	<ul style="list-style-type: none"> • ½ California avocado (black skin) Avocado, raw • 1 medium (7" to 7-7/8" long) Banana, raw • 1 teaspoon Cheese, Parmesan, dry grated • ¼ large cucumber (8-1¼" long) Cucumber, raw • 1 medium leaf Lettuce, green or red leaf • 2 medium leaf Lettuce, green or red leaf • ¼ teaspoon, ground Pepper, black • ½ tablespoon Salad dressing, blue cheese, low fat • ½ medium Tomatoes, red, from fresh, fried • 1½ tortilla (8" across) Tortilla, flour (wheat) 	<ul style="list-style-type: none"> • ½ California avocado (black skin) Avocado, raw • ½ cup, crumbled Blue cheese • 3 spear (5" long) Broccoli, fresh, cooked (no salt or fat added) • 3 baby carrot(s) Carrots, raw • 1 teaspoon Cheese, Parmesan, dry grated • 1 medium (2" across) Cookies, chocolate chip, homemade or bakery • ½ cookie (2" across) Cookies, chocolate, made with oatmeal and coconut (no-bake) • ¼ cup, sliced Cucumber, raw • ¼ teaspoon Garlic powder • 1 medium leaf Lettuce, green or red leaf • 2 medium leaf Lettuce, green or red leaf • ½ tablespoon Margarine, tub, whipped, salted 	<ul style="list-style-type: none"> • 1 tablespoon Margarine, tub, whipped, unsalted • 1 teaspoon Oil, olive • ½ cup Orange juice, freshly squeezed • ¼ teaspoon Oregano • ¼ teaspoon, ground Pepper, black • 3 ounce(s) cooked, no bone Pork, tenderloin, baked • 1 medium (2-1¼" to 3" across) Potato, baked (no salt added), peel eaten • ¼ teaspoon Red pepper, flakes or crushed • ½ tablespoon Salad dressing, blue cheese, low fat • ¼ cup Strawberry juice • ½ medium whole (2-3/5" across) Tomatoes, raw • ½ cup (8 fl oz) Vegetable and fruit juice drink, with high vitamin C (V8 Splash)

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
<https://healthyforgood.heart.org/Add-color>**
- C. See Centers for Disease Control & Prevention (CDC)
https://www.cdc.gov/healthyweight/healthy_eating/**
- D. See HHS Dietary Guidelines for Americans
<https://healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/nutrition/heart-healthy-foods-shopping-list>**
- 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. From websites, count # of preventative foods in your diet!**
- G. Make modifications for a lifetime!! 😊**