

Lab/Discussion 4: Nutrition & Disease Prevention

- I. Attendance – Cards
- II. Goals Analyze 2 days of your diet by using the Diet Controller software on computer at your station.
- III. E-mail 6 .pdfs or Screen Shots (Shift+Command+4) to yourself before leaving. Check at sending & receiving ends!

Diet Controller

1. Daily Report (Day 1)
2. Daily Report (Day 2)
3. Calories Food Usage Report
4. Fat Food Usage Report
5. Saturated Fat Food Usage Report
6. Sodium Food Usage Report



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

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IV. Analyze Disease Prevention Effectiveness

Along w/Q answered in .doc report, send 6 data .pdfs or screen shot files by next Tuesday to

Mae jsongco@uoregon.edu or

Abbie afo@uoregon.edu or

Bella isalinas@uoregon.edu

NB: 10 am → Mae; 12 n → Abbie; 2 pm → Bella

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)

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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

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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

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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

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!! 😊**