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**FNDN 102 Personal Application Assignment** |Nutrition Assessment

**INTRODUCTION**

**Food is a big part of life. It provides us with the energy and nutrients we need for proper physiological functioning. Food can help improve our health and performance. Food is also an important part of social gatherings and can add pleasure and enjoyment to life.**

By analyzing your nutrition you gain valuable insight into your eating habits. This increased awareness can alert you to eating habits that may be contributing to problems that you are currently facing. For example, a lack of calories may hinder your energy levels. Assessment can also warn you of negative consequences down the road. For example, adequate fruit and vegetable intake can reduce your risk of cardiovascular disease and all-cause mortality (1). Whole grain consumption reduces your risk of chronic diseases and metabolic syndromes (3). This assessment also allows you to check for vitamin and mineral deficiencies. Getting sufficient vitamins and minerals might help prevent cancer and other chronic diseases (2).

**PART 1 | Nutrition Logging & Assessment**

Go to <https://cronometer.com/> and create your free account (we recommend using your TWU email). The site will do the nutritional analysis for you. For three days, (two week days and one weekend day) log your food intake (what and how much – e.g. ounces, grams, tablespoon, cup, etc.). To increase the accuracy and value of this assessment, try to pick “typical” days of eating for you. To ensure the best accuracy, log in the site after each meal (if you cannot log on the site at that time, record what you ate on a piece of paper or on your phone so you do not forget. Then transfer that meal to Cronometer when you are able.

***Cronometer***: Once you have signed up for Cronometer then begin logging in your food intake. Go to the “Diary” tab and the “Add food” option. In the dialogue box add your food options. You will be asked to pick the closest selection to what you have typed in. Once you have completed each day scroll down to see the analysis for each day. Take a screenshot of each day’s nutrition analysis charts. This will usually take two pages for each day. Save these screen shots as a PDF or .jpeg file and upload these into the assignment drop box on the Moodle site.

For *each* of the 3 days, your assignment should include:

* Date
* A list of the foods eaten
* Your total calories
* Your totals for proteins, fats and carbs
* Vitamins & minerals

**Note:** while nutrition analysis can be a valuable experience for many people, it may not be healthy for everyone. If you have struggled with, or currently struggle with disordered eating, eating disorders, or an unhealthy relationship with food, it may not be wise not to do this nutritional analysis. You may find the nutritional practice assignment a better fit for you.

**PART 2 | Reflective Questions**

After completing the analysis, answer the following reflection questions in one page, with a new paragraph for each of the three questions. Be sure to follow standard formatting guidelines: typed, double-spaced, 1-inch margins, Times New Roman, size 12 font. This summary/reflection should contain a response to each of the following (one new paragraph per question):

1. What were your totals for the following categories? List these as percentages of the recommended amount. These percentages should be averages of the three days. *Note: recommendations given on the Cronometer site are general calculations and may not be right for you. You might need more or less than the estimations given on the site – they are just estimations.*
	1. Total Calories
	2. Totals for Proteins
	3. Totals for Fats
	4. Totals for Carbohydrates
2. List the top five vitamins or minerals that you were lacking. For each vitamin or mineral, give at least two examples of foods you would be willing to eat (i.e. don’t include foods you won’t eat) that are rich in these nutrients. *Note: this will require some research. See this chart for help:* <https://www.health.harvard.edu/staying-healthy/listing_of_vitamins>
3. List three takeaways you learned about your nutritional intake from this assessment assignment and three changes to your food behavior that you would like to make and why.

**Submit the three days of nutritional records from Cronometer with a one page reflection into the Moodle drop box (using formatting guidelines listed in the syllabus). Don’t forget a title page.**

**References:**

Aune, D. et. al. (2017). Fruit and vegetable intake and the risk of cardiovascular disease, total

cancer and all-cause mortality—a systematic review and dose-response meta-analysis of

prospective studies. *International Journal of Epidemiology*, 46(3), 1029-1056.

Bruce N. Ames, B. N., & Wakimoto, P. (2002). Are vitamin and mineral deficiencies a major

cancer risk? *Nature Reviews Cancer*, 2, 694–704.

Călinoiu, L.F., & Vodnar, D.C. (2018). Whole grains and phenolic acids: A review on bioactivity,

functionality, health benefits and bioavailability. *Nutrients*. 10(11), 1615.

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| **ACTIVITY LOG** |  | **Value(10)** | **MARK (10)** |
| Log submitted |  | **1** | 1 |
| Log completed (10) | 3 pts / day - Full log from Cronometer of: a list of foods eaten, total calories, grams of: protein, fat & carbohydrates, totals for vitamins & minerals for each day. | **9** | 9 |
|  | Sub-total | **10** | 10 |
|  |  |  |  |
| **REFLECTION QUESTIONS** |  | **Value(35)** | **MARK (35)** |
| Questions answered | (3 x 1 pt each) | 3 | 3 |
| Length (full page) | 1 – less than half / 1.5 – three quarters / 2 - complete | 2 | 2 |
| 1. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 2. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 3. Degree of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
|  | Sub-total | **35** | **35** |
|  |  |  |  |
| **PROFESSIONALISM / FORMATTING** |  | **Value (5)** | **MARK(5)** |
| Title Page | 0 – not included / 1 – not APA complete / 2 – APA complete | 2 | 2 |
| Grammar / Formatting | 1 = 4+ errors / 2 = 2-3 errors / 3 = no errors | 3 | 3 |
|  | Sub-total | **5** | **5** |
|  | Total | **50** | **50** |
|  |  | **5** | 5 |
|  | DEDUCTIONS (if applicable) |  |  |
| **COMMENTS** |  |  |  |
|  |  |  |  |
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