Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class period \_\_\_\_\_\_\_\_

Nutrition log Using My Fitness Pal App. Printable from a desk top.

Each Day Must Include the Date and Day of the week. Ex. Wednesday 11/19/14

You must have logged **3 Days of your daily intake. One of these days must be a weekend day. You must include all food, drinks and snacks**

Complete the following Questions on this paper.

According to Choose My Plate What is your suggested daily calorie intake

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the RDA for Fat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the RDA for Sodium \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the RDA for Saturated Fat \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**For each day what were your amounts for the following.**

Day and Date Amount of Calories Amount of Sodium Amount of Fat Amount of Fiber

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

1. Explain any extenuating circumstances that affected your diet on any of the days you logged.

2. What did you notice about patterns of when you ate or didn’t eat? Cultural influences, times of the day, who you were with etc…

3. How much processed foods did you eat… Frozen, (not plain vegetables) pre prepared, coming from a box or bag, ready made foods. List and explain.

4. Explain the difference between your diet on weekend day and a week day.

5. Explain how you could improve your diet. *Include any specific GOALS you would like to achieve.*

6. Explain how you felt while doing this assignment. **Explain**