

## Instructions for Entering and Analyzing Food Records

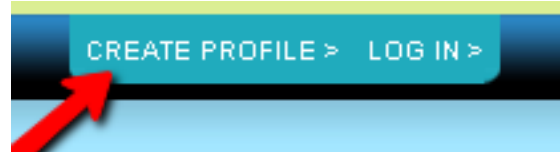
Once you have your 3 Day Food Records you will be entering your foods into a Diet Analysis program. You will be comparing how your nutrient intake compares to current guidelines that we will be discussing throughout the term. You will be analyzing your foods on the ChooseMyPlate.gov website. To get started go to the following website: <http://www.choosemyplate.gov/>

You will see the following logo when going to the ChooseMyPlate website.

**Step 1:** Click on the below logo to get started.



**Step 2:** Create a profile, and register to save your profile. You can enter your foods before doing this step, but then your data will not be saved, so you must set up a username and password BEFORE entering your foods.



### Step 2 Register to Save Your Profile

Register to save your data and access it any time.

\* Required information to register.

\* **Username:**  
(6-50 Characters)

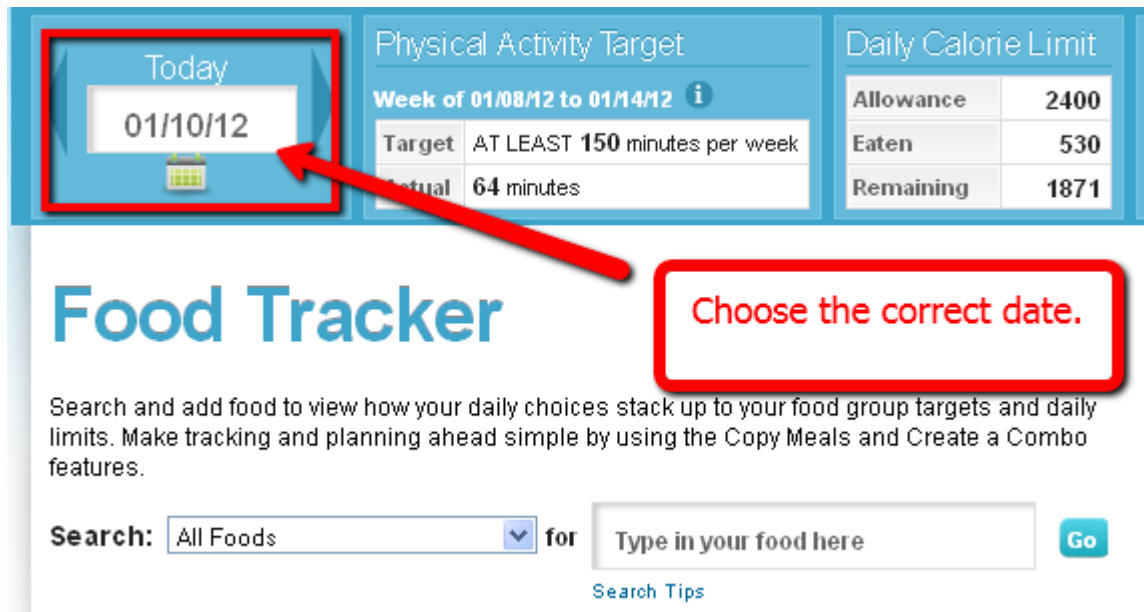
\* **Password:**  
(4-15 Characters)

Make sure you write these down so you can access your information later.

**Step 3:** Click on the Food Tracker to start entering your foods.



**Note:** Before entering your foods make sure you select the correct date, and write the date down so you can access your food records later. **Enter your 3 day of foods on three separate dates.**



**After you enter and select a food make sure you select the appropriate amount you ate. Also you need to select the profile you want to add it to, and then click the Add button.**

The screenshot shows the 'Food Details' form for 'Strawberries, raw'. The form includes the following elements:

- Choose an amount:** A dropdown menu showing '1' and a unit dropdown showing 'cup, whole'.
- Choose Meal Time:** A list of checkboxes for Breakfast, Lunch, Dinner, and Snacks.
- Profile Selection:** A list of checkboxes for 'Sample' (two instances) and 'All'.
- Buttons:** A blue '+ Add' button and a grey 'Cancel' button.

Red callouts and boxes highlight the following areas:

- A box around the '1' dropdown with the text 'Choose the amount you ate.'
- A box around the 'cup, whole' dropdown with the text 'Choose the profile you want to add it to.'
- A box around the 'Sample' checkboxes with the text 'Choose the profile you want to add it to.'
- A box around the '+ Add' button.

**Step 4:** Once you have entered your foods for all 3 days on 3 separate dates then you are ready to print your reports. Below are samples of 3 different reports you need to print from the website after entering your foods. You will be using these throughout the term to answer questions in the study questions.

For the reports you will want to print an average report for all 3 days. To do this you will want to select a range of dates that will include all three days you entered food records. See example below.




The screenshot shows the 'View Report from' date range selector. It includes the following elements:

- View Report from:** A label followed by a date input field containing '01/04/12'.
- Calendar Icon:** A small calendar icon next to the date input field.
- thru:** A text label between the two date input fields.
- Date Input Field:** A second date input field containing '01/09/12'.
- Calendar Icon:** A second small calendar icon next to the second date input field.

### **Printouts Needed:**

- Printout 1: Meal Summary
- Printout 2: Food Groups and Calorie Report
- Printout 3: Nutrients Report

**For the meal summary report you will be uploading this report to moodle. Therefore, you will not only want to print this report for your own records, but you will also want to export it as a word document and save it to your computer so you can upload it to moodle.**

**Export Report As:**  PDF  Excel  Word

You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the exported PDF files.

[Create Report](#)

## SAMPLE PRINTOUTS

### Printout 1: Meal Summary

#### Sample's Meals

Sample, your plan is based on a **2400 Calorie** allowance.

Date	Breakfast	Lunch	Dinner	Snacks
01/09/12	<ul style="list-style-type: none"> <li>• 2 mug (8 fl oz) Coffee, brewed, regular</li> <li>• 2 tablespoon Half and half</li> <li>• 1 cup Oatmeal, regular, cooked without fat</li> <li>• 1 cup Orange juice, freshly squeezed</li> <li>• 1 teaspoon, unpacked Sugar, brown</li> </ul>	<ul style="list-style-type: none"> <li>• 1 medium pita (5-1/4" across) Bread, pita</li> <li>• 1 cup Minestrone soup, home recipe</li> <li>• 1 ounce(s) cooked Sausage, pork, fresh, bulk, cooked</li> <li>• 2 cup (8 fl oz) Water, tap</li> </ul>	<ul style="list-style-type: none"> <li>• 1 medium stick (6-3/4" long) Bread stick, soft</li> <li>• ½ cup, cut stalks Broccoli, fresh, cooked, with butter</li> <li>• ½ slice (1 oz) Cheese, Cheddar</li> <li>• 2 ounce(s) cooked, no bone Chicken, breast, roasted, broiled, or baked, with skin, skin not eaten</li> <li>• ½ cup Cream of chicken soup, canned, reduced sodium, undiluted</li> <li>• 1½ tablespoon Italian dressing, made with vinegar and oil</li> <li>• ¼ cup Milk, fat free (skim)</li> <li>• ½ cup Noodles, whole wheat, cooked without fat</li> <li>• 2 cup Salad, with lettuce and vegetables (tomatoes and/or carrots), no dressing</li> <li>• 1 standard wine glass (5 fl oz) Wine, table, red</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ cup, whole, unblanched Almonds, unroasted</li> <li>• 1 medium (7" to 7-7/8" long) Banana, raw</li> <li>• 1 mug (8 fl oz) Coffee, brewed, regular</li> <li>• 6 bite size Cookies, butter or sugar cookie</li> <li>• 2 tablespoon Half and half</li> <li>• 1 tablespoon Italian dressing, made with vinegar and oil</li> <li>• 1 miniature bar (.4 oz) Milk chocolate candy, with peanuts (Mr. Goodbar)</li> <li>• ¼ cup Oats, uncooked</li> <li>• 1 cup Salad, with lettuce and vegetables (tomatoes and/or carrots), no dressing</li> <li>• 1 miniature bar Snickers Bar</li> <li>• 2 cup (8 fl oz) Water, tap</li> <li>• 1 container (6 oz) Yogurt, fruit, low fat</li> </ul>

**Printout 2: Food Groups and Calories Report**

**Sample's Food Groups and Calories Report**

Your plan is based on a 2400 Calorie allowance.

Food Groups	Target	Average Eaten	Status
<b>Grains</b>	<b>8 ounce(s)</b>	<b>9 ounce(s)</b>	<b>Over</b>
Whole Grains	≥ 4 ounce(s)	3½ ounce(s)	OK
Refined Grains	≤ 4 ounce(s)	5½ ounce(s)	Over
<b>Vegetables</b>	<b>3 cup(s)</b>	<b>3 cup(s)</b>	<b>OK</b>
Dark Green	2 cup(s)/week	½ cup(s)	Under
Red & Orange	6 cup(s)/week	¾ cup(s)	Under
Beans & Peas	2 cup(s)/week	¼ cup(s)	Under
Starchy	6 cup(s)/week	0 cup(s)	Under
Other	5 cup(s)/week	1½ cup(s)	Under
<b>Fruits</b>	<b>2 cup(s)</b>	<b>2 cup(s)</b>	<b>OK</b>
Fruit Juice	No Specific Target	1 cup(s)	No Specific Target
Whole Fruit	No Specific Target	1 cup(s)	No Specific Target
<b>Dairy</b>	<b>3 cup(s)</b>	<b>1¼ cup(s)</b>	<b>Under</b>
Milk & Yogurt	No Specific Target	1 cup(s)	No Specific Target
Cheese	No Specific Target	¼ cup(s)	No Specific Target

**Printout 3: Nutrients Report**

**Sample's Nutrients Report 01/09/2012 - 01/09/2012**

Your plan is based on a 2400 Calorie allowance.

Nutrients	Target	Average Eaten	Status
Total Calories	2400 Calories	2318 Calories	OK
Protein (g) <sup>***</sup>	46 g	86 g	OK
Protein (% Calories) <sup>***</sup>	10 - 35% Calories	15% Calories	OK
Carbohydrate (g) <sup>***</sup>	130 g	284 g	OK
Carbohydrate (% Calories) <sup>***</sup>	45 - 65% Calories	49% Calories	OK
Dietary Fiber	25 g	28 g	OK
Total Fat	20 - 35% Calories	34% Calories	OK
Saturated Fat	< 10% Calories	10% Calories	Over
Monounsaturated Fat	No Daily Target or Limit	14% Calories	No Daily Target or Limit
Polyunsaturated Fat	No Daily Target or Limit	7% Calories	No Daily Target or Limit
Linoleic Acid (g) <sup>***</sup>	12 g	16 g	OK
Linoleic Acid (% Calories) <sup>***</sup>	5 - 10% Calories	6% Calories	OK
α-Linolenic Acid (g) <sup>***</sup>	1.1 g	1.2 g	OK
α-Linolenic Acid (% Calories) <sup>***</sup>	0.6 - 1.2% Calories	0.5% Calories	Under
Omega 3 - EPA	No Daily Target or Limit	7 mg	No Daily Target or Limit
Omega 3 - DHA	No Daily Target or Limit	14 mg	No Daily Target or Limit
Cholesterol	< 300 mg	150 mg	OK