

HUN 1201 DIET STUDY # 3

NAME: _____

Class Time: _____

INSTRUCTIONS FOR DIET STUDY # 3:

1. Record your daily food intake (for 24 hours) and amounts you eat. (You can use food intake from Diet Study #1.)
2. Using Appendix H in your textbook, record Kcalories, Protein, Zinc, Calcium, Iron, Vitamin A, Thiamin, Riboflavin, Niacin, Vitamin C, Vitamin B-6, and Folate.
3. DO NOT USE OTHER FOOD TABLES or sources for this information!
4. Total columns.
5. Recommendations:
Use the RDA table (inside front cover of your textbook) to find and record recommendations for each requested nutrient for age and sex.
 - A. For Calories, use your recommended calorie level from Diet Study #1.
 - B. For Protein, use 10% of calories or use .8gm/kg for adults (from Diet Study #2).
 - C. For Vitamin C – Smokers: add 35 mg to RDA.
6. For each nutrient, find the difference between your recommendation and your actual intake. Record that number on the “Difference” line on page 3. Record a “+” if you ate more than your recommendation; record a “-“ if you ate less.
7. Calculate the % of intake for each nutrient and record on the “% of RDA” line, page 3. Divide your total intake by RDA, multiply by 100 = percent RDA.)
8. On page 2, use the “Nutrient Comparison” column to list the % of RDA for each nutrient. (What you just calculated in #7).
9. In the middle column, list possible results from this diet if you ate it for one year. List at least one result for each nutrient.
 - A. For macronutrients (kcal and protein) list effects on body weight.
 - B. For intake of micronutrients (vitamins and minerals) OVER your recommendation, put “N.A.” (not applicable) or “toxicity unlikely.”
 - C. Intakes between 75% to 100% of recommendations are rarely associated with deficiencies. If your intake is at least 75% of the RDA, record “N.A.”
 - D. Less than 75% intake of any nutrient, list deficiency symptoms. BE SPECIFIC!
10. In the right-hand column, list good food sources of each nutrient. (List food sources even if you met or exceeded RDA.)

Nutrient Comparison (List % of Intake)	Possible effects after one year. (Read Directions, # 9)	Good Food Sources (2 or more for each nutrient) For every nutrient!
1. Kcal _____	1.	1.
2. Protein _____	2.	2.
3. Calcium _____	3..	3
4. Iron _____	4.	4.
5. Zinc _____	5.	5.
6. Vitamin A _____	6.	6.
7. Thiamin _____	7.	7.
8. Riboflavin _____	8.	8.
9. Niacin _____	9.	9.
10. Vitamin B6 _____	10.	10.
11. Folate _____	11.	11.
12. Vitamin C _____	12.	12.

CONCLUSIONS: Overall, how is your intake of these nutrients? Are you currently taking a vitamin/mineral supplement? Do you need to take one? Why or why not?

