Personal Nutrition Analysis

Energy Calculator

* Daily Calculator

Calculate approximately how much energy you burn during the day.

How much energy you burn during the day?

Levels of Activity in Hours (Hours must total 24)

|  |
| --- |
| Resting: 8 hrs. |
| Inactivity: 5.5 hrs. |
| Very light activity: 4hrs. |
| Light exercise: 2 hrs. |
| Moderate exercise: 3 hrs. |
| Heavy exercise: 1.5 hrs. Total= 24 |

Visit the following website: <http://nat.crgq.com/index2.html>

Type in your Total daily calories: \_\_\_\_\_\_\_2711.8 kcal\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Advanced Functions

Calculate your energy consumption in much greater detail.

Function 1
Enter a certain activity and the amount of calories you wish to burn, and calculate *how long you need to do the given activity.*

Select 3 activities and fill in the table below:

|  |  |  |
| --- | --- | --- |
| Activity Selected: JoggingTarget Calories:250Total Time Required: 34.9 min | Activity Selected: BasketballTarget Calories:300Total Time Required:36.6 min | Activity Selected: CalisthenicsTarget Calories:350Total Time Required:42.7 min |

Function 2
Enter how long you did an activity and calculate *how many calories you burned.*

Select 3 activities and fill in the table below:

|  |  |  |
| --- | --- | --- |
| Activity Selected:Water calisthenicsTime in Minutes:45 minTotal Calories Burned:184 kcal | Activity Selected:Beach VolleyballTime in Minutes:60 minTotal Calories Burned:490.9 kcal | Activity Selected:VacuumingTime in Minutes:15 minTotal Calories Burned:53.6 |

Function 3

Which activities will you do to burn a certain amount of calories over time?

Target Calories to burn per day= 1000

Time in Minutes to perform the activity= 180

My Activity Plan (select from the list of possible activities that the computer generated

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

|  |  |  |  |
| --- | --- | --- | --- |
| - | running, 5 mph (12 min/mile) |   | 122 min |
| - | lacrosse |   | 122 min |
| - | volleyball, beach |   | 122 min |
| - | volleyball, competitive, in gymnasium |   | 122 min |
| - | calisthenics (e.g. pushups, situps, pullups, jumping jacks), heavy, vigorous effort |   | 122 min |
| - | bicycling, general |   | 122 min |
| - | handball, team |   | 122 min |
| - | bicycling, stationary, general |   | 139 min |

**Nutrition Log**

**DAY 1: GOOD**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner** | **Snacks** | **Beverages** |
| **Date:**  | SAMPLE2 slices whole wheat bread1 teaspoon butter 3 egg whites1 slice Swiss cheese | SAMPLE2 slices pizza2 chocolate chip cookies | SAMPLE3 slices white meat chicken½ cup peas1 sweet potato | SAMPLE1 granola bar | SAMPLE2 24 oz. bottles water1 cup orange juice2 cups cola1 16 oz. bottle sport drink |
| **Date:** | 1 bag of Oatmeal1 banana | 1 Cup of Mixed Green Salad3 table spoons of fat freeRaspberry Dressing1 Strawberry/Banana Yogurt | 2 slices of Grilled Chicken½ Cup Mixed Veggies1 Bk. potato | 1 Special K bar1 Strawberry/Banana Yogurt1 Apple | 2 24oz. Bottled waters2 cups of Green Tea |

|  |  |  |  |
| --- | --- | --- | --- |
| **Nutrient** | **Total** | **Rec.** | **%Rec** |
| Calories  | 1059.93  | 2200  | 48.18% |
| Pro (g)  | 69.95  | 48  | 145.73% |
| Fat (g)  | 19.94  | 73.33  | 27.19% |
| Carb (g)  | 150.81  |  | --  |
| Fiber (g)  | 16.2  | 30  | 54% |
| Cal (mg)  | 194.97  | 1000  | 19.5% |
| Iron (mg)  | 9.92  | 10  | 99.2% |
| Na (mg)  | 919.16  | 2400  | 38.3% |
| Pot (mg)  | 2175.71  |  | --  |
| Phos (mg)  | 707.08  | 700  | 101.01% |
| Ash (g)  | 6.03  | 330  | 1.83% |
| vitA (IU)  | 2857.62  | 4000  | 71.44% |
| vitC (mg)  | 50.86  | 75  | 67.81% |
| Thia (mg)  | 0.71  | 1.1  | 64.55% |
| Ribo (mg)  | 0.89  | 1.1  | 80.91% |
| Nia (mg)  | 24.56  | 14  | 175.43% |
| H2O %  | 55.88  | Female 19-30  | --  |
| satF (g)  | 4.7  | 24.44  | 19.23% |
| monoF (g)  | 6.24  | 24.44  | 25.53% |
| polyF (g)  | 4.07  | 24.44  | 16.65% |
| Chol (mg)  | 173.84  | 300  | 57.95% |

**DAY 2: NOT SO GOOD**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner** | **Snacks** | **Beverages** |
| **Date:** | 1 Bacon Egg and Cheese on a roll3 Rainbow Cookies | 2 slice of pizza1 Italian Ice | 1 cheese Burger1 Biggie fry | 1 bowl of Chocolate Chip Cookie Dough Ice Cream½ cup Reese’s Pieces | Med. Latte from Dunkin Doughnuts1 16oz. bottle water2 cup of Sprite |

|  |  |  |  |
| --- | --- | --- | --- |
| **Nutrient** | **Total** | **Rec.** | **%Rec** |
| Calories  | 3020.21  | 2200  | 137.28% |
| Pro (g)  | 79.79  | 48  | 166.23% |
| Fat (g)  | 112.35  | 73.33  | 153.21% |
| Carb (g)  | 432.17  |  | --  |
| Fiber (g)  | 11.59  | 30  | 38.63% |
| Cal (mg)  | 1099.16  | 1000  | 109.92% |
| Iron (mg)  | 19.83  | 10  | 198.3% |
| Na (mg)  | 3428.82  | 2400  | 142.87% |
| Pot (mg)  | 931.56  |  | --  |
| Phos (mg)  | 789.21  | 700  | 112.74% |
| Ash (g)  | 9.23  | 330  | 2.8% |
| vitA (IU)  | 2915  | 4000  | 72.88% |
| vitC (mg)  | 42.12  | 75  | 56.16% |
| Thia (mg)  | 0.93  | 1.1  | 84.55% |
| Ribo (mg)  | 1.12  | 1.1  | 101.82% |
| Nia (mg)  | 14.08  | 14  | 100.57% |
| H2O %  | 34.23  | Female 19-30  | --  |
| satF (g)  | 39.49  | 24.44  | 161.58% |
| monoF (g)  | 12.79  | 24.44  | 52.33% |
| polyF (g)  | 3.73  | 24.44  | 15.26% |
| Chol (mg)  | 380.24  | 300  | 126.75% |

Nutrition Analysis Reflection

1- Read the article “Counting Calories” (pdf in business lab folder)

2- Review the following website: <http://www.mayoclinic.com/health/food-and-nutrition/AN00284>

Answer the following questions based on the tables you generated from NAT and the information provided above.

* Which nutrients are not in the recommended value range in your good day table?

The nutrients that are not recommended in my good day table are calories, fat, fiber, calcium, sodium, Ash, Thia, saturated Fat, monoF, polyF, and Cholesterol.

* What could you add/reduce in your diet to better meet the recommended values?

Some things I can add in my diet to meet the recommended values are more carbohydrates. I would reduce the amount of sodium intake by eating less salty foods to also help meet the recommended values; in addition a reduced intake of animal products to help reduce saturated fat and cholesterol, and because I had a high fiber intake I would slightly reduce the amount of fruits and vegetables I eat daily.

* What differences did you notice between the good and bad days according to the tables?

The differences that I noticed were that on my “bad day” I actually had a better nutrition analysis than on my good day. The majority of Nutrients that I had excessive amounts of on my good day met the qualifications on my bad day; such as: Calories, fat, calcium, sodium and cholesterol.

* Comment on your daily nutritional needs (calories) and your current physical activity? What are you doing well and what can be improved?

I am ultimately meeting my daily nutritional needs; however my daily physical activity can be enhanced. I am eating well and having my recommended amount of calories, however I need to increase my intake of daily vitamins. I need to take time out more of my day and take part in more physical activity.

* Comment on how you would use this online tool or other nutritional tools like it in your profession and/or personal life.

I would use this online tool as well as other nutritional tools like this in my professional and personal life by checking my daily nutritional analysis and altering my diet to meet my personal needs. This is a great tool to use for people who are trying to loose weight or watch their weight. I would recommend this tool to students who are overweight to maybe help them control or improve their diet and nutritional goals.