**Name:**

**Date:**

**Instructor:**

**Course:**

1. Track what you eat for one full day: you should write down every food item you eat and anything that you drink that is not water.
2. Visit this website to fill out the nutritional information for your food: <https://ndb.nal.usda.gov/ndb/search/list?home=true>

Search for each food item you ate. As you determine the nutritional information, complete the table below. If you need more lines, just keep typing below. The “Fuji Apple” entry is an example: delete it if you didn’t eat one!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Food Item | Energy (Calories) | Protein | Lipid (Fats) | Carbohydrates |
| Fuji Apple | 80 | 0.49 | 0 | 22.01 |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

1. Add up all the nutrients you ate for a whole day. Enter that information here:

|  |  |  |  |
| --- | --- | --- | --- |
| Energy (Calories) | Protein | Lipid (Fats) | Carbohydrates |
|  |  |  |  |

1. Use this website to determine what your total energy intake should be, based on your level of activity. You can find definitions for each activity level at the bottom of the page: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-2/#table-a2-1>

Enter the number of calories here:

1. Use this website to determine what your total nutritional intake should be: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-7/>
	1. Once you reach this website, find your Life Stage Group in the top row (for example, Male 19-30 or Female, 31-50). You may need to use the “Next Column” button to move the table to the right to find your group.
	2. You will then look up your recommended nutritional intake for each of the major nutrients.
	3. Enter that information in this table; note that the nutrients here are listed in the order you will find them on this website

|  |  |  |
| --- | --- | --- |
| Protein (g)  | Carbohydrates (g)  | Total Fat (% kcal) |
|  |  |  |