

3-day Diet Analysis Intake Form.

Fill out the following information as accurately as possible. Include one weekend day and 2 other days to provide a record that reflects day-to-day variability in your food consumption. Our analysis will average these 3 days. Incomplete forms **cannot** be analyzed. Use the example given as a guide to develop your detailed food intake record. Use additional pages as necessary.

Day of week and meal eaten	Food or Beverage Give a detailed description including type of food, brand name, or restaurant	Amount Eaten Give as tsp, tbsp, cups, oz, weight or portion	How Prepared? Provide description, product label or recipe if available.	Where eaten?	Added fat, salt or sugar?
Tues 11/23/10 breakfast	Kashi Go Lean Crunch cereal	.50 cup	Kashi Cereal	Kitchen table	Sweetened cereal
Tues 11/23/10 breakfast	Fiber One Cereal	.50 cup	Fiber One Original Cereal	Kitchen table	Sweetened cereal
Tues 11/23/10 breakfast	Banana	.50 of medium	Sliced	Kitchen table	None
Tues 11/23/10 breakfast	Almond Milk, unsweetened	4 oz	Almond Breeze Vanilla	Kitchen Table	Unsweetened
Tues 11/23/10 Lunch	Turkey deli meat	2 oz	Boar's Head Premium Low Sodium Turkey	In class	None
Tues 11/23/10 Lunch	11 Grain Bread	2 slices	Oasis 11 grain sprouted bread	In class	Sugar in bread
Tues 11/23/10 Lunch	Hummus	1 Tbsp	Athenos Roasted Garlic	In class	None
Tues 11/23/10 Lunch	Grapes	1.5 cups	Red grapes	In class	None
Tues 11/23/10 Lunch	Fresh Pineapple	1 cup	Sliced	In class	None
Tues 11/23/10 Snack	Pistachio nuts	.75 oz	Salted, roasted pistachios	In car	Salted nuts
Tues 11/23/10 Snack	Light String cheese	1 serving	Sargento Light String Cheese	In car	None
Tues 11/23/10 Snack	Sugar free Jello cup	1 serving	Hunt's Snack Pack Sugar Free Jello, Cherry	In car	Artificial sweeteners
Tues 11/23/10 Dinner	Tortilla Chips	.35 oz	Red Robin Tortilla Chips	Red Robin	Fried & salted chips

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Fri 11/26 Breakfast	Blueberry Yogurt	6 oz	Ralphs Carbmater Yogurt	At desk	Artificially sweetened with splenda
Fri 11/26 Breakfast	Almonds	2 tsp	Sliced	At desk	None
Fri 11/26 Breakfast	Blueberries, fresh	.25 cup	Fresh blueberries	At desk	None
Fri 11/26 Breakfast	Toast	1 slice	Oasis 11 grain bread	At desk	Sugar in bread
Fri 11/26 Breakfast	Natural Peanut butter	.2 Tbsp	Trader Joe's unsalted natural peanut butter	At desk	None
Fri 11/26 Breakfast	Strawberry Jelly	1 Tbsp	Smucker's sugar free jelly	At desk	Splenda
Fri 11/26 Lunch	Romaine Lettuce	3 cups	Fresh, shredded	Kitchen table	None
Fri 11/26 Lunch	Croutons	.25 cup	Boudin sourdough croutons	Kitchen table	Salt and oil
Fri 11/26 Lunch	Turkey breast	2 oz	Leftover thanksgiving turkey	Kitchen table	None
Fri 11/26 Lunch	Baby carrots	5 medium	Chopped	Kitchen table	None
Fri 11/26 Lunch	Bell pepper	.24 medium	Fresh, sliced	Kitchen table	None
Fri 11/26 Lunch	Dried cranberries	10 craisins	Ocean Spray craisins	Kitchen table	Sweetened with sugar
Fri 11/26 Lunch	Sprouts	.25 cup	Broccoli sprouts	Kitchen table	None
Fri 11/26 Lunch	Sweet potato casserole	.75 cup	Sweet potatoes with pecan and brown sugar topping	Kitchen table	Brown sugar

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Sat 11/27 Breakfast	French Toast	2 slices	Oasis 11 grain bread with ½ an egg and cinnamon	Kitchen Counter	None
Sat 11/27 Breakfast	Sugar free syrup	.25 cup	Maple Groves Farms Sugar free maple syrup for French toast	Kitchen Counter	Made with Splenda
Sat 11/27 Breakfast	Banana	.5 medium banana	Sliced on top of toast	Kitchen Counter	None
Sat 11/27 Lunch	Tortilla	1 serving	La Tortilla Whole Grain Tortilla	Desk	½ tsp butter, adobo seasoning
Sat 11/27 Lunch	Shredded Cheddar Cheese	.25 cup	Kraft Shredded Cheddar Cheese	Desk	None
Sat 11/27 Dinner	Sun dried tomato spinach dip	.50 cup	Lazy Dog Café appetizer	Restaurant	Salt, pepper
Sat 11/27 Dinner	Tortilla Chips	1 oz	Tortilla chips with seasoning	Restaurant	Oil, salt, pepper
Sat 11/27 Dinner	Chicken Lettuce Wraps	1 serving	Lazy Dog Café Chicken Lettuce wraps with water chestnuts	Restaurant	Oil, salt, pepper, etc.
Sat 11/27 Dinner	Bib lettuce	5 leaves	Lettuce pieces for lettuce wraps	Restaurant	None
Sat 11/27 After Dinner	Chocolate dipped ice cream cone	1 serving	McDonald's Chocolate dipped ice cream soft serve	Car	Sugar

Name: Ashley Chamberlin

Height 5 feet 4 inches **Weight** 129 lbs

Computer Analysis Summary:

By running my 3-day food recall through the computer analysis, it showed that there are some excesses and deficiencies of micronutrients and macronutrients in my diet that I was unaware of. In regards to macronutrients, I fell into the recommended range for fat, but had excess grams of carbohydrates and proteins. My total fat intake was at the lower end of the spectrum. The United States Department of Agriculture's range suggested 35-62 grams of fat for my height and weight. I ate 38.8 grams which is on the lower spectrum and the further breakdown shows that I did not get enough linoleic or alpha linolenic fatty acids for the day.

As far as carbohydrates and proteins I consumed adequate amounts, although above the recommendations. The USDA recommends 46 grams of carbohydrate for my caloric intake and I consumed 54 grams. For carbohydrates they advise 130 grams per day and I ate 282.

The micronutrients that I had excess of were vitamin A, vitamin C, phosphorus, thiamin, riboflavin, vitamin B₆, and selenium. The micronutrients that were less than the recommendations included vitamin E, niacin, folate, calcium, vitamin B₁₂, magnesium, iron, and potassium. My sodium level fell into the acceptable range, but it was on the higher side.

As far as food groups I met the recommendations for grains, fruits, and vegetables. I didn't meet the requirement for meat and beans and milk intake. For the dairy portion I needed to consume 1.2 more cups and for meat and beans I needed to eat 2.6 more ounces. I think overall the food groups were represented well even though there is definitely room for improvement.

Regarding suggestions and improvements for the diet, the first thing to be addressed would be to increase the servings of milk/dairy and meat/beans. Just about one more serving from each category would help meet the requirements for these food groups. Also by increasing the amounts of dairy and meat in the diet would help prevent the deficiencies for many of the micronutrients seen

as well such as calcium, niacin, zinc and iron. I am not a big meat eater, but I like poultry and nuts which can help meet this requirement if I eat more of them. Adding a serving of salmon a few times a week would add variety to the diet, help reach the meat/beans recommendations and would provide the omega 3 fatty acids lacking in the diet as well. Some other suggestions would be to eat more whole grains. I ate croutons and pizza crust as my grains but they are both from white, processed flour and it would be better to eat whole wheat versions. This would increase my fiber intake and satiety.

Overall I think I eat pretty healthfully, but this diet analysis was very insightful because it allowed me to clearly see what my diet is lacking and what it has excess of. I try to keep in mind good nutrition and balance throughout my day and feel that I usually do a good job but there are obviously things I can still work on. I found these analysis tools from MyPyramid to be interesting and easy to use and will continue tracking my food periodically to make sure my diet is improving and meeting the USDA's recommendations.