

Tips on How to Write Your Diet Analysis Paper

The main purpose of this assignment is to analyze your diet to determine if your diet provides the necessary nutrients to sustain your health. You will also want to make comments on how your current diet might impact your health (i.e. short term vs long term) and how you might modify your diet to avoid potential “nutritional related” disease states in the future. Remember, you should write the paper assuming the reader does not know anything about this subject!

To accomplish these goals, you will need to create a food log. This is a record of all the food and beverage that you consume during three consecutive days. After you collect your data, you will then use iProfile’s computer databases to determine the nutrients in your diet. You will compare the nutrients in your diet against “Dietary Reference Intakes” (DRI). These are benchmarks established for individual nutrients that are required to maintain health.

The Diet Analysis Paper is an opportunity for you to apply the knowledge that you learned in class to your daily living. To demonstrate this knowledge, you must use key vocabulary terms, and reference appropriate nutritional concepts and principles throughout the paper. The main focus of the paper is to provide an **analysis of your diet**. When you complete this assignment, you should be able to explain your current health status in the context of your diet, how your diet will impact your long term health, and how you can modify your diet to improve long term health outcomes.

The Introduction: *This is your first paragraph and it should explain to the reader the purpose of the paper and contain the following information.*

- a. *What is the definition of diet.*
- b. *Explain how you recorded what you ate (the food log).*
- c. *Explain how you determined the nutrients in your diet (iProfile)*
- d. *Explain how you analyzed your diet (iProfile’s spreadsheet and MyPlate Reports).*

The Body of Paper:

I. Treat each nutritional category as a separate topic (see list of required nutrients). So for each category there might be several paragraphs in order to include the following information.

- a. Define the nutrient’s primary role in the body.
- b. Your nutritional status.
- c. Comment on any potential risk factors.
- d. Explain corrective action.

II. After you discuss the various nutritional categories then explain why exercise is important and how exercise may effect your health.

- a. Assessment of personal fitness and exercise regiment.
- b. Possible corrective action.
- c. Benefits of corrective action.

The Conclusion:

Here you should explain what you learned from the diet analysis study. You need to make an “original statement” in your conclusion.