

# Diet Analysis Paper

Point breakdown:

**Paper structure**: correct grammar, complete sentences, paragraphs, no abbreviations (8 points)

**Calorie intake**: acknowledgment of calorie intake, normal, high or low. Identify any changes in diet that may need to be made (5 points)

**Dietary log**: complete log of 3 days of food and fluid intake. Actual amounts eaten noted (5 points)

**3 Day Average graphs**: inclusion of 3 day averages of nutrient intake, fat breakdown and food pyramid (5 points)

**Food pyramid**: acknowledgment of appropriate or inappropriate servings of all pyramid categories. Indication of any changes to be made (10 points)

**Carbohydrate intake**: acknowledgment of carbohydrate intake, normal, high or low. Identify any changes in diet that may need to be made. (5 points)

Assessment of adequacy of dietary fiber intake included. (5 points)

**Fat intake**: acknowledgment of mono- and polyunsaturated fat intake, normal, high or low. Identify any changes in diet that may need to be made. (5 points)

Saturated fat and cholesterol intake: acknowledgment of saturated fat and cholesterol intake, normal, high or low. Identify any changes in diet that may need to be made. (10 points)

**Protein intake**: acknowledgment of protein intake, normal, high or low. Identify any changes in diet that may need to be made. (10 points)

**Vitamin intake**: acknowledgment of adequacy of vitamins. Identify any vitamin intake that is abnormal, particularly deficiencies. Identify any changes in diet that may need to be made. (10 points)

**Mineral intake**: acknowledgment of adequacy of minerals. Identify any mineral deficiencies or excess, in particular sodium. Identify any changes in diet that may need to be made. (10 points)

**Physical activity**: Description of current physical activity. (6 points)

Identify any changes necessary in physical activity. Include a plan of action for achieving changes (6 points)