

# Personal Health Portfolio

## Chapter 5 Assessing Your Diet

For this activity, you will use the diet analysis tool NutritionCalc Plus, available in Connect. Launch NutritionCalc Plus from the Resources list on your Connect course home page, and complete the Profile section.

## Part 1 Food Log

Complete the food log below, recording all the food you eat and drink in one full day. Make sure to include everything you drink—water, soft drinks (even diet), coffee, alcohol, and so on. List the foods you eat and drink and the serving size (1/2 apple, 2 cups of pasta, 24 oz. Diet Mountain Dew, etc.).

Day/Date: \_\_\_\_\_

[illegible]

## Part 2 Diet Analysis

Enter the information from your log into the “Intakes” section of NutritionCalc Plus. Once your food intake record is complete, click on the “Reports” section to assess your diet and identify areas where you do and do not meet the recommendations. Use these reports as part of your portfolio to see where you are meeting your goals and to identify diet areas that need improvement. You can also use NutritionCalc Plus to track your diet over time and follow any changes.

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### CRITICAL THINKING QUESTIONS

1. Analyze how well your food intake for the day matches up to your MyPlate recommendations (use the MyPlate Report). Did you meet your recommendations for milk, meat and beans, vegetables, fruits, and grains?
2. Now analyze your food intake in terms of calories, fat, fiber, sugar, sodium, and cholesterol (use the Bar Graph Report). How did you do in nutrient intake? What nutrients did you get enough of? What nutrients do you need more of?
3. Consider how the socioecological model of health and wellness (see Chapter 1, Figure 1.2) relates to your own life. Describe the specific behavioral and environmental factors that make it easier or more difficult for you to reach your goals of eating healthfully.
4. Based on your analysis, do you think you need to make any dietary changes? Why or why not? If you do need to make changes, what specific dietary modifications do you need to make and how can you realistically achieve them? Consider both behavioral and environmental strategies.

You may want to analyze your diet for a few more days—or even longer—to get a better idea of how well your diet is meeting your nutritional needs.