



**Nutrition Assessment: Elizabeth Keene
22 May, 2016**

(Based on USDA Recommended Daily Intakes)

The nutrition information presented here is not meant to be a substitute for an assessment created by a nutritionist or a registered dietitian. This information is based on the USDA daily recommended intakes (DRI). Caloric calculations have been derived from published literature but are estimates only, as true caloric intake and needs vary for each individual.

This handout includes:

- Dietary Assessment and Recommendations
- Diet Planning
- Healthy Diet Choices
- USDA MyPlate Daily Checklist (1800 calorie diet)
- Dietary Intake Nutritional Breakdown

Assessment and Recommendations

As a 32 year old female, 5 feet tall, with your current weight and activity level, you should consume **1800 calories per day** to gradually and safely lose weight. If you consume more than 2000 calories per day without participating in physical exercise, you will either maintain your current weight or gain weight. As physical activity increases, caloric needs increase as well.

Your assessment covers the following dates: 16 May, 18 May, and 19-20 May 2016.

Overall, your diet seems fairly healthy. You do not seem to be overindulging however there are some areas where you could make improvements by consuming healthier foods. Your intake is not excessive...in fact, there is room in your diet for greater intake, as long as you maintain physical activity habits and choose dietary options smartly.

Adequacy	Are you eating enough?	Yellow
Balance	Ratios/proportions	Green
Calorie Control	Are you eating too much?	Green
Nutrient Density	Are your choices healthy?	Green
Portion Sizes	Do you overeat?	Green
Variety	Array of foods.	Green

It is important to remember that calorie control is not the only marker of a healthy diet. Several other aspects of your diet are important. The chart below shows recommended daily servings for each of the food categories, your daily average in each category, and a “stoplight” color rating (green = currently meeting intake and quality requirements, yellow = currently meeting intake or quality requirements, red = meeting neither intake nor quality requirements). Your calculations are based on an 1800 calorie/day consumption requirement.

Category	Recommended Daily Intake (RDI)	Your Average Daily Intake
Grains	6 servings (oz.)	3
Vegetables	2.5 servings (cups)	1.7
Fruits	1.5 servings (cups)	2.6
Dairy	3 servings (cups)	0.7
Proteins	5 servings (oz)	3.3
Total Calories	1800 calories	1732
Sodium	Less than 2300 mg	2906
Saturated Fat	Less than 20 grams	25
Added sugars	Less than 45 grams	27
Whole Grains	Half of Grain Intake	

- Intake Discussion:
 - **Grains:** You consume about half of the recommended amount of grains on any given day. Approximately one third of your grain intake consists of whole grains. Try to make at least half of your grain intake come from whole grain sources. Whole grains contain more nutrients and give you a greater feeling of satiety (fullness).
 - **Vegetables:** Your vegetable intake is somewhat low, but proportionate to your total intake. Vegetables provide much needed nutrients and fiber. These carbohydrates also provide energy (for workouts or otherwise), and increase your feelings of fullness from their fiber content.
 - **Fruits:** Your fruit intake is more than adequate. Use fruits as healthy snacks and to supplement your meals, just as you have been.
 - **Dairy:** Your dairy intake is a low. Add more low-fat or fat-free dairy choices (such as yogurt, low-fat milk, or some cheeses) to your diet. Dairy has an added benefit of boosting the body’s fat-burning ability.
 - **Proteins (Meats, Beans, Eggs):** Your current protein intake somewhat low but proportionate to your total intake. Choices vary between lean meats (such as chicken and fish) and less healthy options like burgers and red meat. Adequate protein intake helps with the body’s sustainment, including growth, repair, and tissue replacement. Proteins help form skin, tendons, muscles, organs, and bones. Continue to make the majority of your protein intake lean meat sources (fish, chicken, turkey, etc.).
 - **Saturated Fat and Empty Calories:** You don’t consume an excess amount of saturated fat or empty calories. When you do indulge, it doesn’t seem to be excessive. Remember that it’s ok to indulge in moderation and if you do go a little overboard, try to make up for it in other areas of your diet or through exercise.
- Dietary Habits Discussion:
 - **Breakfast:** As the most important meal of the day, you did well eating breakfast on most days. On the day where you didn’t log any breakfast intake, your total calories for the day were higher than any other day. Your lunch portion on that day was also over 1000 calories higher than on every other day. If you can, always eat something for breakfast. The period you sleep is typically the longest period without food during the course of the day. If you skip breakfast, you’re overly hungry when your first meal does finally occur.

- **Water Intake:** Not tracked. The more water you drink, the less water weight you retain, the more hydrated you become, and the fuller you feel, causing you to eat less. I carry a large water bottle with me daily and my goal is to finish this bottle throughout the day. I also place a bottle of water on the nightstand before going to sleep and drink it as soon as I wake up in the morning. A good goal to work up to is 64 ounces per day.
- **Snack habits and Time Between Meals:** No major deficiencies noted due to snacking. Because all portion sizes (during meal times) seemed to be normal (except for the day you skipped breakfast), I don't get the sense that you're waiting too long between meals to eat. When you do find yourself between meals for longer periods of time, consider eating a healthy snack between meals.
- **Portion Sizes:** It's hard to judge your portion sizes based on the information you sent, but it didn't appear as though the portion sizes were too big. Controlling portion sizes is one of the biggest problems we face in America. Of particular concern for you since you're at the behest of someone else preparing your food during the week, is the fact that restaurants almost always give us portions that are too big. I saw that you opted for the half size or lunch portion on several occasions. That's a great strategy!
- **Emotions Associated with Eating:** I noted no negative emotions associated with eating. Your habits are generally good so there's no need to feel guilty when you indulge. Just continue to do so in moderation like you have been.

Hopefully this assessment provides some insight on both what and how to eat. Again, only a registered dietitian can prescribe meal plans. I have simply used information put forth by the USDA based on the data you provided to give you a snapshot of how your habits compare to the healthy recommendations.

Let me know if you have any questions. Looking forward to continuing the fitness and nutrition journey together!

Terence Taylor
ACE Health Coach
NSCA-CPT
TD Fitness

Diet Planning

When planning your diet, it's important to think about adequacy, balance, calorie control, nutrient density, moderation, and variety. Although diet experts use many procedures and techniques to develop diet plans, the six principles below are common among all effective diets. You can even use these to evaluate different diets you read or hear about. The principles are easy to remember with the acronym **ABCDMV** (Remember "ABCD-My Victory!").

- **Adequacy:** No matter the diet, it should provide sufficient intake of energy (calories) and adequate amounts of all of the nutrients required for a healthy diet.
- **Balance:** While your diet should provide adequate amounts of the foods you need, it shouldn't provide too much of any one type of food.
- **Calorie Control:** The calorie control concept is simple – take in fewer calories than you expend, and you will lose weight. Likewise, if you take in more calories than your body burns, you will gain weight. To maintain a desired weight, you must match your intake to your calorie expenditure.
- **Nutrient Density:** Nutrient density is a measure of the amount of nutrients a certain food provides in comparison to the amount of calories it contains. For example, the amount of protein in 1 ounce of lean meat like chicken is about 7 grams. You will also get 7 grams of protein from 1 ounce of sausage, but the chicken contains more nutrients and the sausage contains more calories (from fat). Therefore, the chicken is more "nutrient dense." Some foods are referred to as "empty-calorie foods." These include foods like soda and potato chips. These types of foods provide very little nutritional benefit, but are high in calories from the sugars or fats they contain.
- **Moderation:** Perhaps the most difficult thing for most people to do is to practice moderation. It's sometimes hard to stop yourself from eating too much of something you really like. Limit the amount of unhealthy foods you consume. Try to select foods with a high nutritional density.
- **Variety:** It's unrealistic to eat the same foods every day. Variety provides a way of ensuring you don't get bored with the foods you eat. Variety also ensures you get different types of nutrients from different foods.

Healthy Diet Choices

It's easy to *read* about what we're supposed to eat but actually applying these guidelines can be more difficult. The food groups are pretty easy to remember, but how does this apply to the items you place in your shopping cart to prepare for yourself and the rest of the family? Below are some things to remember when choosing and purchasing food:

Grains Defined

There are several terms used to describe grains - refined, enriched, fortified, or whole grain...These refer to the different processes used in processing the grain product. Refined foods have typically lost many of the nutrients they contained in their original, natural state. Enriched grains have nutrients added back to them to make them a more nutritious choice. Fortified foods are foods that have had nutrients added to them that were not in the original product. Whole grains are as close to the natural state of the product as you can get (without going out into the field and picking grains yourself). The USDA recommends whole grains make up half of your total grain intake.

Vegetables and Fruits

If we were to rank vegetables by their most nutritious forms, the order would be: fresh, frozen, and then canned. Fresh vegetables contain the most nutrients, but frozen vegetables without added salt can be a healthy alternative. Typically, canned vegetables have added salt to help with the preservation process. This is why canned foods can be stored longer than fresh foods. Although fresh vegetables don't keep as long, they are a much healthier option than canned goods.

An often-overlooked subgroup of vegetables is legumes. Legumes are plants of the bean and pea family that contain protein and other nutrients. They are usually inexpensive and can be added to or mixed with meals to provide extra fiber and nutrients.

Fresh fruits are typically a better choice than fruit juices. Not only will whole fruits give you a feeling of

fullness, they contain more fiber than their juice counterparts. Be on the lookout for juice drinks or “-ades” (lemonade, fruit punch, etc.) since they usually contain more sugar than the juices themselves.

Meat, Fish, and Poultry

In order to avoid excess fat in your diet, stick to fish, poultry, and lean cuts of meat. Even “lean” ground beef has more fat than turkey or chicken. Fish such as salmon, tuna, halibut, and cod are high in omega 3 fatty acids, which are beneficial for the heart. Round, loin, and select cuts of beef and pork have less fat than prime or choice cuts.

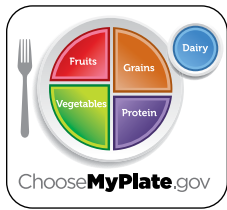
In order to keep calories under control, avoid frying meats in fat when preparing them. Also, before cooking, trim the excess fat. After cooking, drain excess fat and remove the skin from poultry.

Dairy Products

Dairy choices should center around low-fat or fat free selections. Dairy products such as milk, cheese, and yogurt provide nutrients while limiting fat intake.



United States Department of Agriculture








MyPlate Daily Checklist

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“**MyWins**”—to make healthier choices you can enjoy.

Food Group Amounts for 1,800 Calories a Day

				
1 1/2 cups	2 1/2 cups	6 ounces	5 ounces	3 cups
<p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	<p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>



Drink and eat less sodium, saturated fat, and added sugars. **Limit:**

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **20 grams** a day.
- Added sugars to **45 grams** a day.








Be active your way: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

Use SuperTracker to create a personal plan based on your age, sex, height, weight, and physical activity level.

SuperTracker.usda.gov

MyPlate Daily Checklist


Write down the foods you ate today and track your daily MyPlate, MyWins!


Food group targets for a 1,800 calorie* pattern are:	Write your food choices for each food group	Did you reach your target?	
 <p>Fruits 1 1/2 cups 1 cup of fruits counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Limit:</p> <ul style="list-style-type: none"> • Sodium to 2,300 milligrams a day. • Saturated fat to 20 grams a day. • Added sugars to 45 grams a day.
 <p>Vegetables 2 1/2 cups 1 cup vegetables counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
 <p>Grains 6 ounce equivalents 1 ounce of grains counts as</p> <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Be active your way:</p> <p>Adults:</p> <ul style="list-style-type: none"> • Be physically active at least 2 1/2 hours per week.
 <p>Protein 5 ounce equivalents 1 ounce of protein counts as</p> <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	<p>Children 6 to 17 years old:</p> <ul style="list-style-type: none"> • Move at least 60 minutes every day.
 <p>Dairy 3 cups 1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	<p>* This 1,800 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</p>



Track your MyPlate, MyWins

Printable Diary for Emkee507

From:  **Show:** Food Diary Food Notes

To:  Exercise Diary Exercise notes

May 16, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Iced Vanilla Coffee With Skim Milk, 16 oz.	120	24g	2g	2g	4mg	30mg	23g	0g
Melons, honeydew, raw, 1 cup, diced (approx 20 pieces per cup)	61	15g	0g	1g	0mg	31mg	14g	1g
Bacons - Bacon, 100 g	226	1g	16g	17g	0mg	3,200mg	0g	0g
Eggs - Scrambled (whole egg), 0.5 cup	183	2g	13g	12g	387mg	308mg	2g	0g
Lunch								
Stoneyfield - Vanilla Organic Greek Yogurt, 4 oz	100	15g	0g	9g	5mg	40mg	14g	0g
Blueberries - Raw, 0.5 cup	41	11g	0g	1g	0mg	1mg	7g	2g
Raspberries - Raw, 0.5 cup	32	7g	0g	1g	0mg	1mg	3g	4g
Dinner								
Braille - Pasta, 1 cup	200	41g	1g	7g	0mg	0mg	2g	0g
Kirkland - Meatballs, 2 meatballs	108	2g	8g	6g	18mg	244mg	1g	0g
Panera - Half Cesear Salad, 1 Half Size Portion	160	8g	12g	5g	25mg	240mg	1g	1g
Courtyard by Marriott - Brownie Slice, 2 oz	180	22g	10g	2g	0mg	0mg	15g	1g
Snacks								
Wonderful - Pistachio, 1.5 oz	120	6g	10g	5g	0mg	120mg	2g	2g
TOTAL:	1,531	154g	72g	68g	439mg	4,215mg	84g	11g

May 18, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
Bj's Brew House - House Wedge Salad, 1 salad	300	6g	30g	6g	37mg	610mg	4g	1g
Bj's Restaurant & Brewhouse - California Chicken Club Sandwich, 1/2 sandwich	460	25g	23g	35g	81mg	1,030mg	3g	3g
Bj's Brewhouse - Thin Fries, 1 side	390	42g	23g	4g	0mg	780mg	0g	4g
Dinner								
Salmon - Baked or Grilled Salmon, 8 oz	310	0g	18g	34g	94mg	92mg	0g	0g

Rice - Brown Cooked, 0.75 cup	164	34g	1g	3g	0mg	5mg	0g	3g
Asparagus - Grilled, 100 g	20	4g	0g	2g	0mg	2mg	2g	2g
Snacks								
Cherries, sweet, raw, 2 cup, with pits, yields	174	44g	1g	3g	0mg	0mg	35g	6g
TOTAL:	1,818	155g	96g	87g	212mg	2,519mg	44g	19g

May 19, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Dunkin' Donuts - Everything Bagel With Veggie Cream Cheese., 1 bagel	410	69g	8g	14g	20mg	820mg	9g	0g
Dunkin Donuts - Chocolate Munchkins, 3 hole	210	24g	11g	3g	0mg	285mg	12g	0g
Lunch								
Publix - Fried Chicken Breast Half Skin, 10 oz	510	16g	16g	39g	110mg	505mg	1g	0g
TOTAL:	1,130	109g	35g	56g	130mg	1,610mg	22g	0g

May 20, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Blueberries - Raw, 0.75 cup	62	16g	0g	1g	0mg	1mg	11g	3g
Blackberries - Raw, 2 cup	124	28g	1g	4g	0mg	3mg	14g	15g
Raspberries - Raw, 1 cup	64	15g	1g	1g	0mg	1mg	5g	8g
Stonyfield Organic - Vanilla Greek Yogurt (0% Fat), 1 container	130	21g	0g	12g	5mg	50mg	19g	0g
Lunch								
Eurest - Hamburger, 1 sandwich	336	25g	14g	28g	73mg	318mg	4g	2g
TOTAL:	716	105g	16g	46g	78mg	373mg	53g	28g