**Intake Table**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Your Intake** | **MyPlate (DRI)**  **Recommended Intake** | **Are You Over**  **or Under Recommendation?** |
| **Total Calories** |  |  |  |
| **Grams of Protein** |  |  |  |
| **Percentage of Calories**  **from Protein** | \*Note that each gram of protein contains 4 calories. Make sure to show your work! |  |  |
| **Grams of Carbohydrates** |  |  |  |
| **Percentage of Calories**  **from Carbohydrates** | \*Note that each gram of carbs contains 4 calories. Make sure to show your work! |  |  |
| **Grams of Dietary Fiber** |  |  |  |
| **Added Sugars** |  |  |  |
| **Total Fat Intake in Grams** |  |  |  |
| **Percentage of Calories**  **from Fats** | \* Note that each gram of fat contains 9 calories. Make sure to show your work! |  |  |
| **Grams of Saturated Fat** |  |  |  |
| **Grams of Polyunsaturated Fat** |  |  |  |
| **Grams of Monounsaturated Fat** |  |  |  |

Reflection Questions:

* Did you consume more animal or non-animal sources of protein? Provide examples of each from your food log.
* How does your protein intake compare to USDA recommendations?
* Did you consume more simple carbohydrates or complex carbohydrates? Provide examples of each from your food log.
* What foods with added sugars did you consume?
* What sources of fiber did you consume?
* How does your fiber intake compare to USDA recommendations?
* What food items did you consume that contained gluten, if any?
* Did you consume more saturated or unsaturated fat? Provide examples of each from your food log.
* What items with transfats did you consume, if any? How does your fat intake compare to USDA recommendations?
* What are the strengths of your diet? What are the weaknesses?
* What are three concrete improvements you can make to improve your health and diet?
* What did you learn from completing this lab?

**Make sure you respond to all the questions THOROUGHLY and include both your food log and your analysis of nutrient intake chart in your write up!**