

Name: \_\_\_\_\_ Course Number: \_\_\_\_\_

Section: \_\_\_\_\_ Date: \_\_\_\_\_

## Part B: Macronutrient Assessment

### Sources of Calories

- a. Fill in the following table to compare *your* average daily intake of macronutrients to the Dietary Reference Intakes set forth by the Food and Nutrition Board, Institute of Medicine, National Academy of Sciences (2002). (See the reports titled “Average Nutrient Intake” and “Average Nutrient Percent.”)

	Average Daily Intake (grams)	Average kcal from Macronutrient	Average Total Calories*	Share of Total Calories (%)	Recommended Share of Calories (%)
Carbohydrates	_____ × 4 = _____	_____ ÷ _____ = _____	_____	_____	45–65%
Total Fat	_____ × 9 = _____	_____ ÷ _____ = _____	_____	_____	20–35%
Protein	_____ × 4 = _____	_____ ÷ _____ = _____	_____	_____	10–35%

\*The “average total calories” should be the *same* number in each calculation, equal to the average number of calories you eat in one day.

- b. Assess how well you met this recommendation for distribution of calories, allowing for no more than a small contribution of calories (less than 10%) from alcohol. Do you need to eat more of one macronutrient and less of another to fit within the acceptable ranges?

### Carbohydrate, Fiber, and Sugar Intake

- a. Did you consume at least the minimum recommended amount\*\* of carbohydrate (130 grams) needed to produce enough glucose for the brain to function? \_\_\_\_\_ yes \_\_\_\_\_ no
- b. On average, how many grams of dietary fiber did you eat each day? \_\_\_\_\_ g
- c. Did you eat the recommended\*\* grams of fiber on average each day? (25 grams for women, 38 grams for men) \_\_\_\_\_ yes \_\_\_\_\_ no
- d. List the foods you consumed with the *most* dietary fiber *per serving*. (See the reports titled “Nutrient Composition of Foods” or the food composition tables in your textbook.)

\*\*Dietary Reference Intakes for macronutrients set forth by the National Academy of Sciences Institute of Medicine, 2002.

Food	Fiber (g)	Food	Fiber (g)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

e. If you did *not* meet the recommended amount of fiber, what are three foods that you would be willing to eat regularly that contain 3 or more grams of fiber per serving?

Food	Fiber (g)
_____	_____
_____	_____
_____	_____

f. What foods and beverages did you consume that provided carbohydrates in the form of added sugar in your diet (e.g., candy, cookies and cakes, soft drinks)? List the items that contributed the highest amounts of sugar to your diet and how many calories were provided by each food. If the information is available, list how many grams of added sugar are in each food and calculate how many calories are provided by added sugars. (See the reports titled “Nutrient Composition of Foods” or the nutrient composition of foods on the Web at <http://www.ars.usda.gov/ba/bhnrc/ndl>.)

Food	Calories from Food	Grams of Added Sugars		Calories from Sugar
_____	_____	_____	× 4 kcal/g =	_____
_____	_____	_____	× 4 kcal/g =	_____
_____	_____	_____	× 4 kcal/g =	_____
_____	_____	_____	× 4 kcal/g =	_____
_____	_____	_____	× 4 kcal/g =	_____

g. How many total calories did these foods provide in your diet? \_\_\_\_\_ calories  
(This amount is the *total* calories in these foods, not just the calories from sugar.)

h. How much does that average per day (divide by number of days)? \_\_\_\_\_ calories/day

i. Is your average intake of calories from these foods higher than your “discretionary calorie allowance” (see MyPyramid Diet Analysis, page 89)? \_\_\_\_\_yes \_\_\_\_\_ no

- j. What percentage of your total calories comes from added sugars? Total calories from sugar: \_\_\_\_\_  $\div$  Total calories consumed  $\times$  100 = \_\_\_\_\_ % kcal from added sugars

- The 2005 Dietary Guidelines recommend you “Choose and prepare foods and beverages with little added sugars or caloric sweeteners.”
- The USDA Food Guide and MyPyramid consider added sugars a portion of the “discretionary calorie allowance.”
- A National Academy of Sciences Report (2002) (available at [http://books.nap.edu/openbook.php?record\\_id=104908page-R1](http://books.nap.edu/openbook.php?record_id=104908page-R1)) recommends that no more than 25 percent of total calories come from added sugars.

- k. Would you consider your intake of foods with added sugars moderate or high?

\_\_\_\_\_ moderate \_\_\_\_\_ high

- l. If your intake is high (i.e., you checked “no” for item i), what could you eat or drink less of?

---

## Fat and Cholesterol Intake

- a. Did 20–35 percent of your *total* calories come from fat? \_\_\_\_\_ yes \_\_\_\_\_ no

- b. Figure your average percentage of total calories from saturated fat:

1. Average daily intake of saturated fat from “Average Nutrient Intake” report = \_\_\_\_\_ g
2. Multiply by 9 kcal/g = \_\_\_\_\_ kcal from saturated fat.
3. Divide by your total average calories and multiply by 100 to get \_\_\_\_\_ percent of calories from saturated fat.

- c. Did you meet the recommendation of less than 10 percent of total calories? \* \_\_\_\_\_ yes \_\_\_\_\_ no

- d. According to your daily “Nutrient Composition of Foods” reports, list the top five sources of fat and saturated fat in your diet:

Sources of Fat	(g)	Sources of Saturated Fat	(g)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

- e. According to your daily “Nutrient Composition of Foods” reports or food labels, what foods did you eat that were sources of trans fats? What alternates could you select to limit your intake of trans fats?

**Sources of Trans Fat**

---



---



---

**Alternate Food Sources**

---



---



---

- f. According to your “Average Nutrient Intake” report, what is your average daily intake of cholesterol: \_\_\_\_\_ mg
- g. Did you meet the recommendation to consume no more than 300 mg of cholesterol per day? \* \_\_\_\_\_ yes \_\_\_\_\_ no
- h. According to your daily “Nutrient Composition of Foods” report, what foods contribute the *most* cholesterol to your diet?

**Sources of Cholesterol**

**(mg)**

**Sources of Cholesterol**

**(mg)**

<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>

\*The American Heart Association and the National Cholesterol Education Program recommend that less than 10 percent of total calories come from saturated fats and less than 300 mg of cholesterol be consumed daily.

## Protein Intake

- a. Was your average percentage of calories from protein 10–35 percent? \_\_\_\_\_ yes \_\_\_\_\_ no
- b. Your personal Recommended Dietary Allowance (RDA) for protein is based on your healthy weight. Calculate your RDA for protein by following these steps:

- Convert your *healthy weight*\* in pounds to kilograms:  
Divide healthy weight in pounds by 2.2 = \_\_\_\_\_ kg

*\*If you are not sure if you are within your healthy weight range, look at the BMI chart found in your textbook (or the NHLBI Web site). A healthy weight for your height is one with a BMI value between 19 and 25. If your weight is above or below this range, select the weight in the healthy range closest to your current weight and convert it to kilograms.*

- Multiply your *healthy weight* in kilograms by 0.8 g protein/kg weight to determine your RDA for protein:  
\_\_\_\_\_ kg body weight  $\times$  0.8 g/kg = \_\_\_\_\_ g protein

- c. Did your average protein intake meet or exceed your RDA for protein? \_\_\_\_\_ yes \_\_\_\_\_ no
- d. Using your “Nutrient Composition of Foods” reports, list the top five sources of animal protein (this includes milk and eggs) and plant protein in your diet, and indicate the grams of protein per portion of food you ate:

Animal Sources of Protein	(g)	Plant Sources of Protein	(g)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
<b>Total</b>	_____	<b>Total</b>	_____

- e. Did you eat more protein (in total grams) from animal sources or plant sources?
- \_\_\_\_\_

- f. Consider the benefits of increasing the sources of plant protein in your diet. If you ate more protein from animal sources than from plant sources, list four plant-based foods you could eat more regularly that provide *at least* 5 grams of protein per serving.

_____	_____
_____	_____

- g. Using the assessments you completed, indicate how often you meet the target behaviors listed below and on page 96.

Macronutrient Target Behaviors	Always/ Usually	Some- times	Rarely/ Never
• Consume at least 130 grams carbohydrate per day	_____	_____	_____
• Consume at least 25 or 38 grams of total fiber per day (25 g for females, 38 g for males)	_____	_____	_____
• Moderate intake of added sugars	_____	_____	_____
• Consume no more than 35 percent of total calories from fats	_____	_____	_____
• Consume less than 10 percent of total calories from saturated fats	_____	_____	_____

<b>Macronutrient Target Behaviors</b>	<b>Always/ Usually</b>	<b>Some- times</b>	<b>Rarely/ Never</b>
• Consume less than 300 mg cholesterol	_____	_____	_____
• Consume little or no trans fats	_____	_____	_____
• Meet RDA for protein	_____	_____	_____
• Obtain a significant contribution of protein from plant sources	_____	_____	_____

Describe below how well your diet meets the recommendations for macronutrient intake. Compose a short paragraph (five to six sentences) that describes the overall contribution of calories from carbohydrate, fat, and protein in your diet; whether your intake of fiber is adequate; whether your intakes of sugar, fat, saturated fat, trans fat, and cholesterol are healthy or excessive; and whether you consume adequate protein and types of protein in your diet.

---



---



---



---

Source: B. Mayfield. (2006). *Personal Nutrition Profile*, 2nd ed. Sudbury, MA: Jones & Bartlett, 18–29.