Name:

MyFitnessPal Diet Analysis

Use the website [www.myfitnesspal.com](http://www.myfitnesspal.com) to input your food record. You will need to sign up and enter some individual information. You must make yourself 18 years old or else the website will not let you proceed. Record your target goals for calories.

|  |  |
| --- | --- |
| Net Calories Consumed/ Day | Calories Burned/ Week |
|  |  |

Click “Get Started Now” to proceed. It will have you verify your email. Click “Add Food”. Add all of your food for one day. The actual day the food was eaten does not matter but you can’t use a day in the future or else you will not be results. When you add food be sure to pay close attention to the serving size. Serving sizes are often really small so you may need to adjust it to the amount that you consumed. Click “Complete This Entry” at the bottom. Once you have done this, you can scroll down further and click on “View Full Report (Printable)”. This will take you to the nutrition report for that day. Use the totals to fill in the chart below. Complete two additional days.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Calories | Carbohydrates (g) | Fat (g) | Protein (g) | Cholesterol (mg) | Sodium (mg) | Sugar (g) | Fiber (g) |
| **Day 1** |  |  |  |  |  |  |  |  |
| **Day 2** |  |  |  |  |  |  |  |  |
| **Day 3** |  |  |  |  |  |  |  |  |

Once you have completed the above table, go back to the MyFitnessPal homepage and click on “Reports” in the top menu. Click on the drop-down arrow next to “Choose a report:” Look through the different nutrition reports and compare your intake levels to the recommended levels (the red line).

1. What were some of the nutrients that you were getting too much of? What were the main foods that caused these excesses? What can you do to change this?
2. Were there any nutrients you weren’t getting enough of? What can you do to change this/ What are some foods that carry a lot of these needed nutrients?