Understanding Nutrition Facts – BIOL 110 - Summer, 2017

Name:

**Please complete this assignment independently. You are welcome to talk through the questions with your lab partner, but everyone should turn in their own individual data in a separate worksheet.**

For this assignment, we're going to explore dietary requirements by looking at Nutrition Facts, and keeping track of all foods and beverages consumed for at least three days. Start by reading the information at this FDA website:

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>

When using the Supertracker, if you have questions about which foods to enter, use the following guidelines:

* Note such things as butter on toast or sugar in coffee as separate items
* If you have included any foods that are altered, such as "low fat" or "reduced", etc., make sure to select those options in the tracker
* If you eat a combination food that's not listed, track the ingredients separately
* Do not include nutritional supplements, unless they contain calories

The idea here is to create a typical picture of your dietary habits, so if you don’t have complete data for three days, try and reconstruct some data based on your usual eating habits.



1. Use the Nutrition Facts from this Campbell's Chicken Soup label to answer the following three questions. (Hint: make sure to look at the serving size, as well as the number of servings per container).

1. If you ate the entire container of soup, how many calories would you consume?
2. If you ate the entire container of soup, what %DV of sodium would you consume?
3. How many grams of fat are contained in one serving of soup?

2. Based on the nutrition facts shown at right for skim milk, how many cups of milk would you need to drink to meet the daily requirement for calcium?

3. Refer once more to the milk label above. Is sugar listed as one of the ingredients in this product? Explain the presence of 13g of sugar per serving.

**For the rest of this assignment, refer to the data you entered into the Supertracker, to track your food and beverage intake**.

If you have not already done so, enter the information from your food diary into the SuperTracker, here:

<https://supertracker.usda.gov/foodtracker.aspx>

Once you have entered all the foods and beverages for each day, **take a screenshot** of the “Daily Food Group Targets” box, along with the “Graph” below, for at least three days’ worth of foods that you tracked.

4. Click on the "Nutrient Intake Tracker." Use the calendar feature at the top of the window, and select a range of dates that encompasses all three of your tracked days. Compare the following categories:

* Protein (g)
* Carbohydrates (g)
* Total Fat

For each of the above, were you over or under the daily target limit? By what amount? (To calculate this, subtract the "Average Eaten" from the "Target" for each category).

5. Let's consider fat intake now. Add the % of calories for Polyunsaturated and Monounsaturated fats, and compare this to the % of calories for Saturated fats.

Did you consume more saturated fats, or unsaturated fats?

6. What about salt? Were you under or over the daily target limit for sodium? By how much?

7. Are there any minerals for which you did not meet the daily targets (status of "under")?

8. By clicking the little + sign beside any of the Nutrients, an expanded view will pop up showing a) the foods you consumed that contain this nutrient, and b) some "Tips."

Read through the information available for Calcium, Potassium, and Iron. In the space below, for each of these nutrients, share one of the "Tips" listed (whichever one you find most interesting).

9. List your status (over or under) for all of the**fat soluble** vitamins. (List name of vitamin, and status).

10. List your status for each of the water-soluble vitamins (list name of vitamin, and "over" or "under" status). If you need a refresher on water-soluble vitamins, visit this website: <http://www.webmd.com/vitamins-and-supplements/nutrition-vitamins-11/fat-water-nutrient>).

11. Once again, use the little + signs to expand the view. Choose two fat soluble vitamins, and two water soluble vitamins. For**each of the four vitamins you choose**, read through the "Tips," and share the one you think is most interesting.

12. Now, return to the main tracking page, and click on the "View By Meal" link. Here, you will see your foods broken down by category. Were you over in any of the categories? Under?

What about your statuses for sugar and salt? Over, or under?

13. After completing your three days of tracking, and exploring the data, write a few sentences about any insights you have gained into your eating habits. Did you notice any habits/patterns that strike you as particularly healthy? Are there any things about the way you choose foods that you might like to change?