Assignment #4: Plan a One-day Menu for Yourself
(25 points)

The objective of this assignment is to use what you have learned in this class to plan a one-day menu for yourself that approximates the recommended intake levels. This is not just a record of what you ate for one day, but an actual plan that you might implement to improve your nutrition.

Instructions

1. Use the USDA Food Guide, The Dietary Guidelines for Americans, and other information you have received in this class to guide your choices.

2. Use the diet analysis software to assess your dietary plan. If you can’t access the diet analysis software, do the assignment “by hand,” using the alternate worksheet and information in Appendix A.

3. The menu must meet Food Guide recommendations for your calorie level.

4. It must meet the ≥70% of the DRIs for fiber and the following vitamins and minerals: Vitamin A, thiamin, riboflavin, niacin, vitamin B₁₂, vitamin C, folate, calcium, iron, magnesium, zinc.

5. Your meal plan should meet the Acceptable Macronutrient Distribution Range recommendations:
   a. 45% - 65% of your calories from carbohydrate
   b. 20% - 35% from fat
   c. 10% - 35% from protein
   d. In addition, you should calculate your estimated protein requirement (0.8 g per kg body weight), making sure you have at least that amount of protein in the diet.

6. <10% of total calories should come from saturated fat.

7. Because it is difficult in this setting to assess your risk for hypertension, or whether you are sodium sensitive, you are not required to meet the recommendation of ≤2300 mg of sodium. For your own benefit, however, be aware of your personal risk factors and have your blood pressure checked on a regular basis.

8. The total calorie intake of your meal plan should be close to (within ± 200 calories) your estimated energy need, which you calculated in the Diet Analysis assignment, page 6, #4 at the top of the page. If you don’t have this information, calculate it according to the method in the text on page 319.

9. Convert foods & amounts into equivalent amounts for the following foods:

   1 medium fruit = ½ c fruit
   1 c raw, leafy vegetables = ½ c vegetable
   ½ c cooked pasta or 1 c ready-to-eat cereal = 1 oz grain
   ¼ c cooked legumes = 1 oz meat
   1 c yogurt, 1½ oz natural cheese, or 2 oz (fat-free) processed cheese = 1 c milk
   2 Tbsp light salad dressing = 1 tsp oil.

For foods without an equivalent listed on p 35-6 of textbook, leave this column blank.
**Additional Instructions**

- You may approach this assignment any way that works well for you. One way to start is with a typical daily intake for you, *on scratch paper or a copy of the form*. Adjust it to meet the Food Guide recommendations. Be sure to include high-fiber foods and limit high-fat foods. When you think you have an adequate intake, enter it into the Diet Analysis Plus program to see how well you did. Make adjustments as necessary to meet the recommendations. Use foods you actually eat.

- Do *not* include a supplement or highly fortified foods (such as beverages like Ensure, “boosts” in fruit smoothies, highly fortified energy bars, etc.) Calcium-fortified fruit juices are acceptable. Most normally fortified breakfast cereals are acceptable, but do not use a highly fortified cereal with ≥100% of many vitamins and minerals (e.g., Total). This encourages you to use the principle of variety in foods instead of relying on a single food or supplement.

- If your intake of a nutrient is low, check the computer printouts for missing values for that nutrient. Nutrient analysis databases occasionally have missing data for a food. If you find missing data, you may select a different food or fill in the missing data using Appendix A in your text and adjust the calculations of % DRI by hand. If you fill in missing data, submit the computer printout page showing the individual foods with the missing data and the values you used.

- If you are overweight or obese according to BMI, you may plan a meal that is 200 calories less than recommended based strictly according to your current weight.

- Write your final menu plan *neatly* on the form. Be sure to include specific portion sizes. Indicate which foods are for breakfast, lunch, dinner, and snacks. **List the meals and snacks chronologically.**

- Answer the questions on the back of the foods list.

- **Highlight** the following values on your “Intakes and Goals” printout:
  - Calories
  - Protein (g)
  - Dietary Fiber (g)

- Be sure you met ≥70% of your “Goal %” of all vitamins and minerals listed in step #4 above.

**Staple the Assignment #4 page with your name and foods in front of the diet analysis “Intakes and Goals” printout** (or in front of the alternate worksheet if you completed the assignment by hand from Appendix A). Please do *not* submit additional computer printouts.
Assignment #4 Plan a One-day Menu for Yourself

Your Name: ____________________

Menu

<table>
<thead>
<tr>
<th>Food Description</th>
<th>Amount</th>
<th>Food Group from USDA Food Guide</th>
<th>Equivalent amounts from the food group</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Summary

Indicate the equivalent amounts provided in your menu from each Food Guide group:

Grain ___________  Fruit ____________  Vegetable ________
Dairy ___________  Meat (oz)__________

Calculations

Estimated energy expenditure
This is the EER calculation from the Diet Analysis assignment; page 6, step #4 at the top of the page. If you don’t have this information, calculate it according to the method in the text on page 319.

Energy provided by your meal plan (round to nearest 10) ______________

Estimated Protein Requirement (round to whole number) ______________
Wt in lbs/2.2 lbs/kg = wt in kg
0.8g protein required/kg body wt = estimated g protein required

Protein provided by your meal plan (round to whole number) ______________

% Calories from Carbohydrate, Protein, Fat, and Saturated Fat
• Be sure these are within the recommended ranges (45-65% carb, 10-35% protein, 20-35% fat, <10% saturated fat).
• Click “reports” and copy the percents from your “Macronutrient Ranges” and “Fat Breakdown” reports.
• Only include the “Intakes and Goals” printout. Please do not submit the “Macronutrient Ranges” or “Fat Breakdown” reports.
• (If you looked up food values in Appendix A, calculate the percents as you did in the Diet Analysis assignment. Show calculations if you looked up food values.)

________% carbohydrate

________% protein

________% fat

________% saturated fat

Which nutrient recommendation(s) or guideline(s) did you have the most difficulty meeting? Why?

What did you learn about applying the recommendations to yourself?