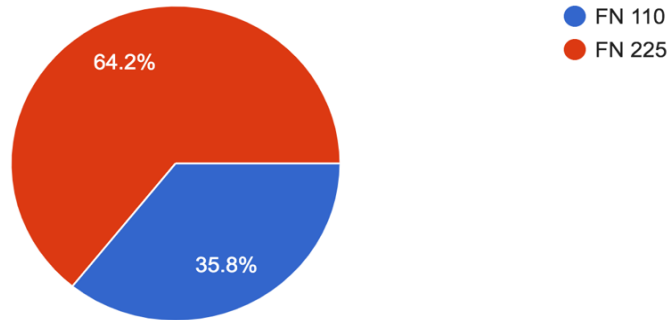


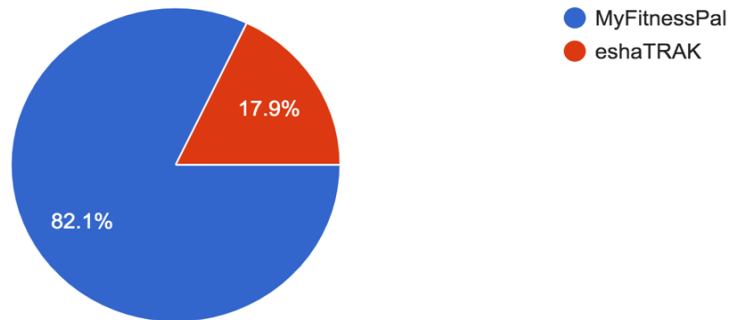
Please select whether you are currently enrolled in FN 110 or FN 225.

246 responses



Select the dietary analysis program you used for the assignment.

246 responses



Based on your experience, choose TWO of the following statements that best reflect your

**Answer Choices**

The reports give a full and accurate picture and should be used to make dietary changes.

The results are dependent upon accuracy of amounts of foods and activity recorded, databases used, and  
 The results are easily translated into recommended food choices to improve nutritional intake.  
 The computerized dietary analysis was a waste of time and not applicable to my daily life.

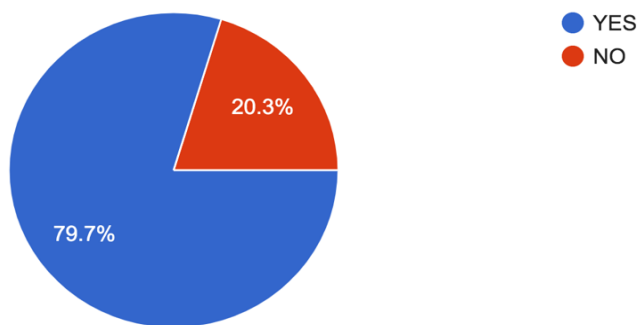
**Based on your experience, choose TWO of the following statements that best reflect your**

**Answer Choices**

The MyPlate checklist gives a full and accurate picture and should be used to make dietary changes.  
 The results are dependent upon accuracy of amounts of foods and activity recorded, databases used, and  
 The results are easily translated into recommended food choices to improve nutritional intake.  
 The computerized dietary analysis was a waste of time and not applicable to my daily life.

Have you made any food and/or lifestyle changes as a result of the dietary analysis assignment?

246 responses



**If you responded YES to the question above please describe your changes. If you responded NO, please explain why.**

**Responses**

Increase workout activity and eating health food.  
 I already started food and lifestyle change prior to doing the assignment.  
 Eating more veggies, being more aware of the amount I'm eating.  
 more veggies and more active

with an additional serving of fruit (apple or clementines) and have begun to incorporate grilled white chicken breast into my lunch and dinners. I have substituted "fancy" coffee drinks with simple drip coffee a few times too to cut down on empty sugar.

I have limited my portions and started to eat more vegetables

I am more careful of the foods I eat and how well I balance my meals.

the vegetable group were not foods that I was actively trying to include in my diet before taking this class. However, I am now eating a variety of vegetables such as snow peas, broccoli, carrots and spinach. I have eaten a variety of fruits within the past few months including, oranges, bananas, watermelon, grapefruits and more. I am also trying to exercise more, but taking four classes this term has been a problem in terms of getting

would be expensive to do some of the suggestions, I am definitely thinking more about ways to better my nutrition.

bike instead of drive more often

my caloric intake daily, so I have been trying. I also noticed when I exercise I can reduce my net calorie intake, so I am trying to exercise 30 min/day.

I rely on my knowledge and glean info from science.

my 3-day plan and changed some of my food choices that would still meet my nutritional needs but now, with a plant-based foods.

Because I wont be able to eat the same thing everyday.

changes yet.

I continue to count my macros and track my daily intake to maintain/lose weight

I have tried to incorporate more vegetables because i was not meeting my daily intake goals, I also strive for more activity because i only had exercise one day out of the three.

adjusting based on the information I learned.

I started to add more fruits in my diet.

opposed to junk foods

change is because I'm so used to the way I eat already that changing it can be a little scary but overtime is probably start making little changes little by little .

on the benefits of each meal. Also, I added more organic food that contains the daily vitamins needed to the body.

I was already on a meal plan and exercise when not busy but after this assongment I made more changes to my meal plan and workout routine

I guess it just didn't really change my eating habits.

consuming on a daily basis. Currently, I am trying to consume my daily recommended average intake of vegetables a day.

food choices.

restaurants.

I logged a friend's intake.

result.

products vegetables, and whole-grain foods.

I am trying to limit the amount of packaged foods I eat (too much fat) and increase my fruit and vegetable intake for more vitamins and fiber.
I have balanced my protein to carbohydrate intake levels.
these programs, but the content of 225.
It just hasn't helped.
food groups everyday. It definitely gave me a better understanding of how much food I should be consuming.
Increased certain nutrients and dietary groups.
Making more conscious choice to eat natural foods instead of processed foods.
added more fruit and less protein
paying close attention to nutrient dense foods.
I definitely have been eating more vegetable and fruits.
or water-downed sweet drinks.
More salads have been added to my diet
serving equivalents that I am consuming.
I didn't realize just how lacking in fruits and vegetables my diet is; I have been mindfully increasing the quantities of both in my daily intake.
More calories
I have incorporated more protein into my diet since the FPAL assignment.
increased my fruit and vegetable intake.
doing is drinking protein shakes in the morning. It has only been a week of doing this, but I already feel a difference in my body.
dietary intake pattern was protein. Even though I have only been doing this for a week now, I have already noticed a difference in my body.
consume more dietary fiber than I was before.
Change mg amount
analysis assignment and also found that I tend to consume more animal-based proteins than plant-based proteins and have started to remedy that.
I drink a lot more water, less sodium and have been eating more fruit/vegetables.
activity.
consumption.
Started to be mindful of what I am eating and making sure I am more physically active.
intake.
would be able to make some changes, and I might over the summer when I have more time to focus on getting on the correct amounts of each food group and all nutrients, but I am satisfied with my results for the time being.
I've begun to lower my portions greatly based on the guidelines MyFitnessPal gave me.
during the day. I have also been doing my best to use my fitness app to start exercising at least 3 days a week. I have been eating more vegetables, and less chips and

Nice information to have, but didn't result in any changes.
I drink more water now. No dietary changes otherwise.
I have improved my water intake due to realizing how much water I wasn't consuming and eating more fruits as snacks since I hardly had any in my diet.
recommended amount for my weight and age.
yogurt, potatoes w/skin
I now purchase from local farmers more than big market stores.
analysis focusing on food sources has made me re-vamp some of my specific vegetable selections.
I found that I was low in calcium so I reintroduced milk into my daily diet.
I now eat more fruits with the daily recommended intake in mind.
I started to carry more healthy food with me. For example cut fresh fruit.
eat.
I've been consuming less sugar.
food intake. I increased my vitamins and have been watching my macros. Overall, I have been feeling much better and have performing much better in my indoor soccer games and at work.
I am watching my protein intake more to make sure I don't get too much or too little.
Slowly incorporating more calories to be able to maintain my weight and not lose it.
vitamins my body needs . Along with updating my workout days at the gym based on how many calories I plan to intake that day.
My results were in good ranges and I am not worried about my current food routine. It just made me more aware of things like added sugars and salt intake.
I am being more responsible with my measurements when it comes to meals
I am more careful with my portion sizes when it comes to my meals
I have started to become more mindful of the things I eat and how they effect my body.
I have included protein based, nuts, cheese, for snacks and have been eating more regularly through the day instead of just breakfast and dinner.
protein foods
fresh fruits and veggies when grocery shopping
more protein less fat
I have added more healthy fats to my diet and am being more conscious of sugar intake.
I am limiting my sugar and trans fat intake.
Skip Starbuck runs in the am.
making small changes in my diet to eat healthier than i was and staying more hydrated
I try to make an effort to eat fruit in the morning with breakfast.
More mindful about the quality of foods I choose
intake.
I am creating a balanced diet, instead of cutting carbs completely.
Adding more vegetables and fruits into my diet

because the analyst did not consider home made foods
fish, etc. and less of the "bad" trans fat.
Increase workout activity and eating health food.
changes to the way I build my plate. Instead of doing more of one thing, I've started to just incorporate other ingredients to fill my plate, making my meal more voluminous but not necessarily too much.
consuming as much calories as I thought I was. Also being aware of my macronutrients and how much and or how little I was consuming.
I have made a concerted effort to eat more fruit, even though I am not a fruit fan.

<b>analysis assignment?</b>
<b>Responses</b>
etc, may cause issues. But our bodies do need all nutrients (does vary from person to person).
n/a
Diet matters when it comes to losing weight. Start with small changes versus trying to jump head first in a diet plan (at least for me personally).
lack of sleep lead to poor food choices
empty sugars to bring me over my recommended daily sugar intake (even with on average eating under 1000 of my recommended calorie intake).
body as well.
i did not get the answers i needed
I learned a lot about the importance of balance of foods and everything in moderation.
mostly grains and meats. It helped me see that I wasn't eating as much vegetables and fruits as I thought I was and helped me make changes to my diet that will make me
with the content in class is showing me how important intentional food planning is, and how we need all sorts of nutrients to be our best selves.
That I need to be eating less protein.
I found that I am pretty healthy overall but can be better with exercise and the carbohydrates I choose to consume to get better nutrition from them.
That I am over consuming saturated fat and protein.
Since I've used this app and apps like it before I didn't really learn anything new.
unhealthy I eat till this project. I am definitely going to start eating healthier in the near future.
That I really don't like assignments like this because I don't use it in my real life.

more to choose healthier foods in my meal.
I really don't think I gain anything on my dietary intake.
I need to eat more, and drink more water.
that if I didnt follow a low carb diet I would need to increase my grain intake
should consume more or less of.
I don't feel like I've made many adjustments to my eating. One element of the FPAL assignment that I felt could be improved (or a discussion could be created around) is the fact that MyFitnessPal and MyPlate offered slightly different information (MyFitnessPal said I should consume 1200 calories per day and MyPlate suggested 2000). Otherwise,
I need to be more active
I learned that I tend to snack a lot throughout the day and not eat full meals
would be . Since I sometimes skip meals I thought my results where going to be extremely negative but they where pretty much in the middle. It was a great experience to see how much I'm lacking on certain areas and how I'm good in others. Personally the my fitness was easy to read and understand since I am a visual learner.
What my macros are and about how many calories I eat on a daily basis
also try to reduce the amount of red meat, but still, steak is my favorite! In the other hand, I have decreased the days of being a semi-vegetarian to 4 days a week.
I gained the insight that I needed to add more carbs and protein to my meal plan
with the way I eat I'll stay the same weight.
be eating and helped me find ways to eat more healthy food. I was able to see my eating habits on a 3-day scale which made me see that I wasn't eating enough.
there were so many vitamins that our body needs. That information has changed the way I see vitamins and how important they are and how fortunate I am that I am able to have foods and supplements available to me.
cholesterol.
I learned that I consume too much of one macronutrient.
It provided me insights to many areas of nutrition that I am more aware of that before; this includes protein, carbohydrate, lipid, and fiber intake needs.
allowing me to see just how much fat I am eating and how I could benefit, in weight loss goals in particular, from adding in more nutrients and fiber from legumes, fruits and
for years and it has greatly helped me to make healthier choices a habit. For students that have never done this before, I can see that this would be a very valuable exercise that could benefit them for the rest of their lives like fitness and diet tracking has for me.
should be well on my way to a healthy, long life!
nearly 1700 calories a day, well below what I would believe it to be. I also found it hard to input home cooked meals, like a homemade chicken noodle soup, when nearly hundreds of manufactured examples to choose from come up when searching on Esha trak. I feel this led to the discrepancy in recorded and actual calories consumed.
It was interesting to see my daily intake of food.

sense of what is appropriate and what is not. Just the physical aspect of having to write down my food made me put more interest into what exactly is going into my body.

values.

Just how poor my eating habits were.

nutrition.

I was dieting when I was doing my dietary analysis. I learned that I need to eat more nutrient dense foods and try to consume them at home.

I know that I do eat more than my recommended intake and I'm not very consistent with my diet (composition and calories per day). I just need to be more consistent.

consume varieties of foods from the food group.

I learned that if I continued to eat the same amount that I eat I will gain weight.

I have a very monotonous diet. Much of that has to do with convenience and my time availability, but the awareness has allowed me to make some changes.

I had no idea how high in saturated fat and sodium my diet was. I thought I was a somewhat healthy eater, but I got a lot of insight into how much better I could do.

the current recommendations regarding dairy and grain intakes. I would have found the eshaTRAK site more useful if it had done the following: - not created a 14-page report (why is it so long and hard to navigate?) - had more options to analyze home-cooked daily diet.

dependent on how much I have planned ahead. I need to meal plan better when going to the grocery store.

areas I excelled in.

carbohydrates. I always assumed that the amount of green vegetables I consumed was enough.

That apps judge people

my fat intake tends to fluctuate quite a bit from day to day, since sometimes I consume a lot less than my recommended amount and sometimes I consume a lot more fat than I should in one day. I also found that unless I strive to eat the right amount of calories per

I eat too much protein and protein can turn into fat since I am sedentary.

I was consuming way too much sodium.

not very consistent on caloric intake.

foods made me feel.

I need to focus on nutrient dense foods, more than energy dense foods.

healthy of a diet because I eat treats fairly often, usually 2-4 times a week. However, I realized in this assignment that those treats fit into my diet without taking too much space away from the healthy foods.

completely being aware of it.

consuming on a somewhat regular basis. And I have also realized that the main days that I get more exercise than normal are days that I go to class, or an event for one of my children at their school. And I would love to work on both my nutritional needs and



Accurately diet intake is important in metabolic activity of our body.
Accurate diet intake is important in metabolic activity of our body.
The MyPlate seems outdated and maybe funded by corporations or the dairy industry.
and I do not believe they were.
of choosing quality. Due to this I have started meal prepping lunches to take to work everyday that are healthy and include foods I normally wouldn't have when I go to nearby food places. This way I can realize what Im eating too much in my day to day life
personally interrupted for me because of school (no lunch or snack because I am out and about for class; interrupts getting enough kcals).
deeper understanding of what foods are constituted as "healthy" help me to see that I am doing well in my food and exercise regimens. I can definitely continue on this path and maintain at least a moderate level of activity for long-term wellness.
I was not eating properly for the goals I was trying to achieve.
micronutrient sourcing can be better focused with some additional attention. I think this analysis would more useful for those students who perhaps don't cook most of their own food from scratch and/or those who don't already follow a particular eating plan for other
nutrients that I need to be healthy. I
improve that.
That I tend to starve myself when trying to lose weight which is not healthy at all.
day.
eating enough fiber and other nutrients (and water) especially compared with the amount of protein I was eating. I noticed that I was short in a lot of nutrients but since then (after transitioning out of keto) I have increased my fruit and veggie intake, been more conscious of my protein intake and am more informed on what foods are actually good for you. I learned the difference between whole wheat and what types of grains I
my supplement intake more than I should.
How important vitamin intake is!! I didn't realize how low or high mine were.
doesn't mean you are doing everything right. By tracking your food intake everyday you can see if you are going in the right direction to make a healthy life style.
though some things aren't completely healthy in all catagories, as long as I eat a well rounded and balanced diet I will be fine.
That I do not eat an adequate amount of food during the week days
That during the week day, I do not consume an adequate amount of calories
water.
actually consuming. I have a lot of calories left over, especially with how active I am. I also visualized a lot of snacks that I can incorporate into my daily routine and I found that helpful. I liked to see where I was above or below in certain places like dairy, or
healthy snacks through the day.
and veggies
I should eat more

I noticed I eat nearly the same thing daily.

fascinating about the human body and how we absorb our nutrients. I am guilty of eating too much carbs and have to work on that. But at least I am not indential and am openminded to what I know. This class has been very educational and fun.

I should eat better and work out more

I drank too much sugary drinks which I was thankful to see the amount i was drinking daily and helped me realize i had to incorporate more water (replace)

I consume too much protein and sometimes not enough whole grains.

really think about what I was eating, especially before I began the diet. I think it was a useful tool to help show me where deficits were and how I was doing on the diet

adjustments.

That I was eating too much protein and that increased cholesterol and sodium.

How low my recommended daily values of vitamins are

the vitams are not as accurate

thought. Most people assume that vegan alternatives = healthier alternatives, but after doing the dietary analysis assignment, I found out that that was not always the case.



· **assessment of the results from your 3-day computerized dietary analysis:**

Response Rate
33%

85%
61%
3%

assessment of the results of your MyPlate Checklist analysis:

Response Rate
31%
72%
69%
11%

ded NO to the question above please explain.