

# Dietary Project Survey

We want to know your take-aways from the dietary analysis assignment this term. Please answer this brief survey. Your email address will be recorded but the results will be compiled and assessed anonymously. Thank you!

\* Required

1. **Email address \***

---

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

Mark only one oval.

FN 110

FN 225

3. **Select the dietary analysis program you used for the assignment. \***

Mark only one oval.

MyFitnessPal

eshaTRAK

4. **Based on your experience, choose TWO of the following statements that best reflect your assessment of the results from your 3-day computerized dietary analysis: \***

Check all that apply.

- 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 how representative the three days are of overall patterns.
- 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.

5. **Based on your experience, choose TWO of the following statements that best reflect your assessment of the results of your MyPlate Checklist analysis:**

Check all that apply.

- 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 how representative the three days are of overall patterns.
- 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.

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

Mark only one oval.

- YES
- NO

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

---

---

---

---

---

**8. What insights did you gain about your dietary intake patterns as a result of the dietary analysis assignment?**

---

---

---

---

---

A copy of your responses will be emailed to the address you provided

