**Dietary Analysis Guide**

To help you apply nutrition principles in everyday life, you will be keeping a food and physical activity journal and analyzing your diet. We will be using <http://www.choosemyplate.gov/> to do the dietary analysis. We will go to the computer lab as a class to go over how to use this important tool. Your first dietary analysis will be “baseline” data because we will do this at the beginning of the semester. You will collect 3 consecutive days of food intake and physical activity in a journal and then analyze it on MyPlate. This first assignment will be worth 30 points. Use the Nutrition Chart file on my website to record your data (it’s the second tab in the file). The second dietary analysis will serve as a comparison to the first analysis, after you have learned more about nutrition. You will collect 4 consecutive days of food intake and physical activity data in your journal and analyze it on MyPlate. You can add columns to the excel spreadsheet if you need them.

**How to use SuperTracker via MyPlate**

**Go to:** <https://www.supertracker.usda.gov/default.aspx> or click on SuperTracker using the website above.

Once you get to the page with SuperTracker on the top, click on Create Profile. Here you will enter information about yourself, pick a login and password and make some goals. With this program, you can enter your physical activity if you want.

Looking at the black bar headers, click on **Track Food and Activity**. Then, use the **FoodTracker** to enter the food you ate for the day. It may not have exactly what you ate, so you can either use the examples they offer or you can enter the food by ingredients.

Then click on **My Reports** to analyze the food you ate. You can use the **Nutrients Report** option to get a full breakdown of your food. It’s best to analyze one day at a time. You can download the information as a pdf or an excel file. If you download the file in excel, you make a table of all the days you analyze. You can use the excel spreadsheet on my website as well (second worksheet in file).

Then just write a short paragraph of what you think about your diet. Is it what you thought it would be?