**Food Tracking Questions**

Submit all of your data into a food tracking app or website (ex. Supertracker, My Fitness Pal, Lose It, Spark People, FitDay or FitBit ). Answer the following questions using the **Reports** from whatever app or website you choose to use.

You must submit:

* A copy of your daily food tracking records (either the paper copy or copy and paste your online food log)
* Answers to the following questions

1. **Nutrition**
   1. How many calories should you consume each day? (1)
   2. How many calories did you consume each day? (1)
   3. What does this mean for your future health? Discuss the meaning in terms of your metabolism and energy balance. (1)
   4. Choose 2 nutrients that you did not get enough of and explain how not eating enough of each of these nutrients could affect you in the long run. Refer to your notes for information. Suggest 2 foods that you would eat to increase your intake of these nutrients. (6)
   5. Choose 2 nutrients that you consumed too much of and explain how this could affect you in the long run. (4)
   6. Was your fat intake within the acceptable range of 25-35% of total energy? (1)
   7. Did your diet include less than 10% as saturated fat? (1)
   8. What are the implications of your fat intake? (1)
   9. Was your intake from carbohydrates within the 45-65% of total energy range? (1)
   10. What are the implications of your carbohydrate intake? (1)
   11. Was your intake of protein within the 10-30% of total energy range? (1)
   12. What are the implications of your protein intake? (1)
   13. What was the amount of sodium you consumed? (1)
   14. Explain whether the amount you consumed is good or bad and why. (2)
2. **Canada’s Food Guide**
3. What was your average number of servings from each of the four food groups (include “other”)? (1)
4. How does your average number of servings for each food groups compare to the number of servings recommended by Canada’s Food Guide for your age group? (1)
5. Explain one connection between the number of servings you ate in one of the food groups and a lack or excess of one of the nutrients in your diet analysis. (1)
6. How difficult is it for you to consume the recommended servings and amounts from the food guide? Discuss why. (2)
7. **Personal Reflections**
8. Explain whether this diet analysis was an accurate reflection of your typical food consumption patterns, and 2 ways that it could have been more accurate. (3)
9. Provide 2 suggestions on how you could improve your eating and/or exercise habits to be more healthy. (2)
10. Establish a goal for yourself that you would like to accomplish in terms of eating habits, fitness or health within 1 year. Be specific and explain what you will do to accomplish this goal. (2)

Use class notes to find the required information. If you do any extra research be sure to include a works cited page in APA style.

**Total /35**