

Nutrition Log

For three consecutive days you will keep a nutrition log of what food you consume. The purpose of this assignment is to help you to become aware of the food you are ingesting and the nutritional value within those items. It is very important that you log every serving that enters your mouth, being specific will only help in your nutrition.

The following are guidelines for this assignment, be sure to include all of the following.

- **Item consumed**
(IE: Peanut butter sandwich)
- **Components of item consumed**
(IE: 2 tablespoons of peanut butter and 2 slices of whole wheat bread)
- **Calories of item consumed**
(IE: 2 Tbsp PB= 188Kcal, 2 slices = 179 Kcal)
- **Total Fat grams of item consumed**
(IE: 2 Tbsp PB = 15.9g, 2 slices = 2.45 g)
- **Total protein grams of item consumed**
(IE: 2 Tbsp PB = 7.7 g, 2 slices = 6.34 g)
- **Total carbohydrates of item consumed**
(IE: 2 Tbsp PB = 6.9g, 2 slices = 34.4g)

You must do this for every item consumed.

Total the number of Kcals, protein grams, fat grams and carbohydrates for each day. Break down the percentages of protein Kcals, fat Kcals, and carbohydrate Kcals per day as well.

Use the table below to help you.

	# of Kcal / gram
Protein	4
Carbohydrates	4
Fat	9

The following website is a good resource to use if you are unsure of the nutritional value of each item consumed.

www.nal.usda.gov/fnic/foodcomp/search/