Tips on How to Write Your Diet Analysis Paper

The purpose of this assignment is to analyze your diet. Your goal is to record your food intake for three days, use a computer software program to determine the nutrients in your diet, and analyze your diet against DRI to assess the status of your diet. You need to explain your current health status in the context of your current diet, explain how your diet could impact your long term health , and then explain how you could modify your current diet to improve long term health outcomes.

Your paper needs to demonstrates your knowledge of the nutritional principles covered in the class. Use the vocabulary, concepts and principles learned in the BIO-1400 to analyze your personal diet. The main focus should be to provide a "prospective" assessment as it may relate to your diet and possible future disease states you may experience.

Introduction:

Explain the purpose of the paper.

a. Personal diet analysis.
b. Relationship between diet and different disease states.

Explain how you did your "research" on your personal diet. (Collect data).
Explain the tool(s) you used to compile the nutritional data from your personal diet.

a. My Pyramid
b. Nutri Cal Plus

Body of Paper:

I. Treat each nutritional category as a separate topic.

a. Define nutrient's primary role in the body.
b. Your nutritional status.
c. Potential risk factor.
d. Corrective action.

II. Explain why exercise is important and how exercise can effect your nutritional status.

a. Assessment of personal fitness and exercise regiment.
b. Possible corrective action.
c. Benefits of corrective action.

Conclusion:

Explain what you learned from the diet analysis study.
Make an "original statement", based on your concluding remarks.