**Human Physiology 110 - Are You Getting Enough Calories and Macromolecules? Assignment**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ May 10, 2019 – Value 50**

As we have learned in class, our bodies require essential nutrients to carry out the daily functions of life. Your job is to record the foods and drinks you have consumed on three different days. You must record the “Calories” and macronutrients found in the number of servings you have ingested. For example, if you drank one serving of skim milk it contains 83 calories, 8 g of protein, 12 g of carbohydrates, and 0 g of fat (also identify the amount of saturated and unsaturated fats). Record your data in a chart (note on back page). At the end of each day, you are to determine the total number of calories, carbohydrates, proteins, and fats. You will then assess whether or not you have met the daily requirements or if you have consumed too much or not enough.

Analysis:

1. Did you meet the daily requirements for calories? If not, were you above or below? By how much?

2. Did you meet the daily requirements for carbohydrates? If not, were you above or below? By how much?

3. Did you meet the daily requirements for proteins? If not, were you above or below? By how much?

4. Did you meet the daily requirements for fats? If not, were you above or below? By how much?

5. Which macromolecule (including calories) requirements do you feel is the most difficult to achieve? Explain your choice.

6. From the analysis of your diet, how can you change your eating habits to ensure that you obtain the daily requirements? Be specific and indicate more than one change in your answer.

7. Compare you analysis of your diet to the current Canada’s Food Guide. What does the guide recommend to ensure that you obtain your daily requirements (example, suggestions of servings, protein rich foods, etc.)?

PLEASE HAND IN YOUR COMPLETED FOOD DIARY SHEETS AS WELL AS THE ANSWERS TO THE ABOVE QUESTIONS BY **WEDNESDAY, MAY 15, 2019**

**VALUE: 50**

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**May 10, 2019 – May 14, 2019 DUE: MAY 15, 2019 - Value 50**

**Nutritional Information Data – by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day 1** |  |  |  |
| **Food/Drink** | **Serving Size** | **Nutrients** | **Amount (g/mg) Consumed** |
| Item 1 |  | Calories |  |
| Fats (grams) |  |
| Saturated Fat (grams) |  |
| Unsaturated Fat (grams) |  |
| Proteins |  |
| **Food/Drink** | **Serving Size** | **Nutrients** | **Amount (g/mg) Consumed** |
| Item 2 |  | Calories |  |
|  |  | Fats (grams) |  |
| Saturated Fat (grams) |  |
| Unsaturated Fat (grams) |  |
| Proteins |  |
|  |  |
| **Day 1 TOTALS** |  |  |  |
| **Calories** |  |
| **Fats (grams)** |  |
| **Saturated Fat (g)** |  |
| **Unsaturated Fat (g)** |  |
| **Proteins** |  |