# Instructions for the Written Assignment: Food Diary and Nutritional Self-Assessment Paper\*

\*(This paper is confidential; it is not shared. It is for learning purposes only.)

In your written paper, include the following. **These are guidelines to help you write your paper,** please refer to your **rubric** to see how you will be graded for this assignment. **Your paper must be formatted in APA format.**

# BMI and HAMWI

Calculate your weight based on the BMI formula and the Hamwi method. **All actual calculations must be present in your paper**.

* + Analyze your place on the BMI and Hamwi scales in terms of health. Based on these numbers, how healthy are you?
	+ Use at least one source other than your class text to provide documentation and references to support your position.

# Food Diary

Document your food intake for three days. Your paper must include a food diary documenting all food, drink and medications consumed for the three days. Compare your intake of food and nutrients to the recommended RDA.

Provide nutritional information for all foods contained in your food diary including the serving size, amount consumed, total calories, total fat calories, total carbohydrates calories, total protein calories, grams of sodium, vitamins, and minerals. Provide detailed situational information including where you were when you were eating the food, what you were doing, and why you chose to eat what you ate (convenience, habit, intentional, etc.).

* Insert the nutritional information charts from each of the three days in your paper.
* Write a paragraph on where do most of your calories come from fats, proteins, or carbohydrates? Provide examples.

# Nutritional Analysis of Food Diary

Provide an analysis of **each of the nutrients below:**

**Macronutrients:** Carbohydrates, Fats and Protein

**Micronutrients:** Fiber, Sugar, Saturated fat, Polyunsaturated fat, Monounsaturated Fat, Trans fat, Cholesterol, Sodium, Potassium, Vitamin A, Vitamin C, Calcium, and Iron

* Each nutrient should be a separate paragraph. Include for each nutrient:
	+ What is your RDA?
	+ What is the importance of each nutrient to the functioning of the body?
	+ How close to the RDA did you come?
	+ If you were deficient in a nutrient, provide food choices that would improve your diet for this nutrient.
	+ If you had an over consumption of a nutrient, explain what foods caused the over consumption and provide food choices that would improve your diet for this nutrient.
	+ Use at least one resource other than your class text for each nutrient to support your position.

# Diet Plan

Develop a diet plan that best suits your actual dietary needs based on your height, weight, BMI and overall activity.

Your diet plan should be detailed and identify specific changes that will need to be made to comply with the diet plan.

* Include foods you will include and exclude from your diet to meet your plan.
* Include how this diet plan will be beneficial to your health.
* Use at least one source other than your class text to provide documentation and references to support your position.

# SMART Goals

Develop **three** properly formatted SMART goals. Your goals must be **S**pecific, **M**easurable, **A**chievable, **R**ealistic and **T**imed (By December 31, I will walk around the block for 30 minutes 3x per week)

# Implementation Strategies and Obstacles

* For each of your SMART goals develop at least one implementation strategy that will help you to achieve your goal. Your implementation strategy should be specific to your goal.
* For each of your SMART goals identify at least one obstacle that will prevent you from achieving your goal. Your obstacle should be specific to your goal. Include a plan to overcome each of the obstacles.
1. **Conclusion**
* Reflect on what you have learned from the assignment.
* How will you incorporate nutritional education into your clinical practice?