

Name:  
School:  
Facilitator:

## 1.05 My Food Intake

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### Part A – Nutrition Value

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Enter your food intake into the NutritionValue.org Nutrition Calculator. Once you have completed this, take and insert screenshots of your full results below.

SCREENSHOT #1

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Nutrition calculator: comp X Nutrition calculator: comp X

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## Nutrition Calculator

Find Nutritional Value of a Product

Enter food name  Search

Recipe name

Number of servings

Ingredient	Ingredient unit	Number of units	Action
Egg, fried, cooked, whole	1 large = 46 g ▼	<input type="text" value="2"/>	<a href="#">delete</a>
Bagels, whole grain white	.5 piece bagel 1 serving = 43 g ▼	<input type="text" value="1"/>	<a href="#">delete</a>
Snacks, traditional flavor, CHEX MIX, GENERAL MILLS	1 cup = 47 g ▼	<input type="text" value=".75"/>	<a href="#">delete</a>
Spinach, raw	1 cup = 30 g ▼	<input type="text" value="1.5"/>	<a href="#">delete</a>
Cherries, raw, sweet	1 cherry = 8.2 g ▼	<input type="text" value="6"/>	<a href="#">delete</a>
Olives, green, canned or bottled, pickled	1 olive = 2.7 g ▼	<input type="text" value="6"/>	<a href="#">delete</a>
Cheese, soft type, goat	1 oz = 28.35 g ▼	<input type="text" value="1"/>	<a href="#">delete</a>
Broccoli, raw	1 spear = 31 g ▼	<input type="text" value="4"/>	<a href="#">delete</a>
Cauliflower, raw	1 floweret = 13.0 g ▼	<input type="text" value="4"/>	<a href="#">delete</a>

SCREENSHOT #2

Nutrition calculator: comp

Nutrition calculator: comp

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Olives, green, canned or bottled, pickled	1 olive = 2.7 g	6	<a href="#">delete</a>
Cheese, soft type, goat	1 oz = 28.35 g	1	<a href="#">delete</a>
Broccoli, raw	1 spear = 31 g	4	<a href="#">delete</a>
Cauliflower, raw	1 floweret = 13.0 g	4	<a href="#">delete</a>
Carrots, raw, baby	1 NLEA serving = 85 g	1	<a href="#">delete</a>
Strawberries, raw	1 cup, whole = 144 g	2	<a href="#">delete</a>
Chicken, roasted, cooked, meat only, thigh, broilers or fryers	1 thigh without skin = 116 g	1	<a href="#">delete</a>
Macaroni and cheese, prepared, box mix with cheese sauce	1 cup prepared = 189 g	1	<a href="#">delete</a>
Beans, with salt, drained, boiled, cooked, green, snap	1 cup = 125 g	1	<a href="#">delete</a>
Candies, ROLO Caramels in Milk Chocolate	7 pieces = 42 g	1	<a href="#">delete</a>

Clear basket

Save & Recompute

## Meal

[Shop for meal on Amazon](#)

Save recipe

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### Nutrition Facts

Serving Size 1330 g

Amount Per Serving

**Calories** 1518

	% Daily Value
<b>Total Fat</b> 56g	<b>86 %</b>
Saturated Fat 21g	<b>105 %</b>
<b>Cholesterol</b> 558mg	<b>186 %</b>
<b>Sodium</b> 2509mg	<b>109 %</b>
<b>Total Carbohydrate</b> 183g	<b>61 %</b>
Dietary Fiber 26g	<b>104 %</b>
Sugar 69g	
<b>Protein</b> 80g	<b>160 %</b>

Vitamin A 379 % • Vitamin C 560 %

Calcium 64 % • Iron 82 %

Daily values are based on 2000 calorie diet.

[Export CSV](#)

Calories by source

Badges: [high sugar](#)

amazon.com

### Meal nutrition facts and analysis per serving

Vitamins		
Nutrient	Amount	DV
Betaine	53.4 mg	
Choline	498.3 mg	
Folate	489.11 mcg	
Folic acid	32.19 mcg	
Niacin	17.212 mg	86 %
Pantothenic acid	6.142 mg	61 %
Riboflavin	1.81 mg	106 %
Thiamin	1.248 mg	83 %
Vitamin A	18944.61 IU	379 %

Carbohydrates		
Nutrient	Amount	DV
Carbohydrate	182.99 g	61 %
Fiber	25.7 g	103 %
Sugars	69.14 g	
Fructose	12.21 g	
Galactose	0.33 g	
Glucose (dextrose)	11.54 g	
Lactose	2.72 g	
Maltose	0.99 g	
Starch	58.01 g	

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Vitamin A	18944.61 IU	379 %
Vitamin A, RAE	1235.61 mcg	
Carotene, alpha	3320.45 mcg	
Carotene, beta	9011.61 mcg	
Cryptoxanthin, beta	11.9 mcg	
Lutein + zeaxanthin	9097.75 mcg	
Lycopene	0 mcg	
Vitamin B12	2.13 mcg	36 %
Vitamin B6	1.677 mg	84 %
Vitamin C	335.7 mg	560 %
Vitamin D	93.33 IU	23 %
Vitamin E	7.38 mg	25 %
Tocopherol, alpha	7.38 mg	
Tocopherol, beta	0.2 mg	
Tocopherol, delta	0.79 mg	
Tocopherol, gamma	4.84 mg	
Tocotrienol, alpha	0.28 mg	
Tocotrienol, beta	0.34 mg	
Tocotrienol, delta	0.21 mg	
Tocotrienol, gamma	0.17 mg	
Vitamin K	443.7 mcg	555 %

Minerals		
Nutrient	Amount	DV
Calcium, Ca	643.7 mg	64 %
Copper, Cu	1.095 mg	55 %
Fluoride, F	15.3 mcg	
Iron, Fe	14.69 mg	82 %
Magnesium, Mg	253.32 mg	63 %
Manganese, Mn	3.283 mg	164 %
Phosphorus, P	1398.02 mg	140 %
Potassium, K	2577.79 mg	55 %
Selenium, Se	82.7 mcg	118 %
Sodium, Na	2509.26 mg	109 %
Zinc, Zn	8.07 mg	54 %

Starch	58.01 g
Sucrose	5.88 g

### Fats and Fatty Acids

Fatty acids by type

Nutrient	Amount	DV
Fat	55.51 g	85 %
Saturated fatty acids	21.189 g	106 %
Butanoic acid	0.581 g	
Decanoic acid	0.814 g	
Docosanoic acid	0.065 g	
Dodecanoic acid	0.512 g	
Eicosanoic acid	0.121 g	
Heptadecanoic acid	0.086 g	
Hexadecanoic acid	11.45 g	
Hexanoic acid	0.29 g	
Octadecanoic acid	5.348 g	
Octanoic acid	0.294 g	
Pentadecanoic acid	0.082 g	
Tetracosanoic acid	0.018 g	
Tetradecanoic acid	1.52 g	
Tridecanoic acid	0 g	
Monounsaturated fatty acids	19.63 g	
Cis-hexadecenoic acid	0.631 g	
Cis-octadecenoic acid	8.392 g	
Docosenoic acid	0.008 g	
Docosenoic cis acid	0.008 g	
Docosenoic trans acid	0 g	
Eicosenoic acid	0.206 g	
Heptadecenoic acid	0.035 g	

Proteins and Aminoacids				
Nutrient	Amount	DV		
Protein	79.67 g	159 %		
Alanine	3.052 g			
Arginine	3.548 g			
Aspartic acid	6.147 g			
Cystine	0.74 g			
Glutamic acid	9.021 g			
Glycine	2.204 g			
Histidine	1.536 g			
Isoleucine	2.631 g	188 %		
Leucine	4.587 g	168 %		
Lysine	4.588 g	218 %		
Methionine	1.465 g	140 %		
Phenylalanine	2.445 g	140 %		
Proline	2.714 g			
Serine	2.853 g			
Threonine	2.509 g	239 %		
Tryptophan	0.675 g	241 %		
Tyrosine	2.06 g	118 %		
Valine	3.12 g	171 %		

  

Heptadecenoic acid	0.035 g
Hexadecenoic acid	1.04 g
Octadecenoic acid	18.268 g
Pentadecenoic acid	0 g
Tetracosenoic cis acid	0.008 g
Tetradecenoic acid	0.059 g
Trans-hexadecenoic acid	0.02 g
Trans-octadecenoic acid	0.373 g
Polyunsaturated fatty acids	9.562 g
Cis,cis,cis-octadecatrienoic n-3 acid	0.677 g
Cis,cis,cis-octadecatrienoic n-6 acid	0.024 g
Cis,cis-eicosadienoic n-6 acid	0.038 g
Cis,cis-octadecadienoic n-6 acid	4.195 g
Docosahexaenoic n-3 acid	0.064 g
Docosapentaenoic n-3 acid	0.019 g
Docosatetraenoic acid	0.043 g
Eicosadienoic acid	0.056 g
Eicosadienoic n-3 acid	0.001 g
Eicosadienoic n-6 acid	0.032 g
Eicosapentaenoic n-3 acid	0.03 g
Eicosatetraenoic acid	0.296 g
Octadecadienoic CLAs acid	0.042 g
Octadecadienoic acid	7.752 g
Octadecatetraenoic acid	0.001 g
Octadecatrienoic acid	1.262 g
Trans-octadecadienoic acid	0.094 g
Trans-octadecatrienoic acid	0 g
Uncosapentaenoic acid	0 g
Fatty acids, total trans	0.527 g
Fatty acids, total trans-monoenoic	0.165 g
Fatty acids, total trans-polyenoic	0.015 g

  

Sterols		
Nutrient	Amount	DV
Cholesterol	557.81 mg	186 %
Phytosterols	61.23 mg	

[Tyrosine](#) 2.06 g 118 %  
[Valine](#) 3.12 g 171 %

<a href="#">Eicosatetraenoic acid</a>	0.296 g
<a href="#">Octadecadienoic CLAs acid</a>	0.042 g
<a href="#">Octadecadienoic acid</a>	7.752 g
<a href="#">Octadecatetraenoic acid</a>	0.001 g
<a href="#">Octadecatrienoic acid</a>	1.262 g
<a href="#">Trans-octadecadienoic acid</a>	0.094 g
<a href="#">Trans-octadecatrienoic acid</a>	0 g
<a href="#">Uncosapentaenoic acid</a>	0 g
<a href="#">Fatty acids, total trans</a>	0.527 g
<a href="#">Fatty acids, total trans-monoenoic</a>	0.165 g
<a href="#">Fatty acids, total trans-polyenoic</a>	0.015 g

Sterols		
Nutrient	Amount	DV
<a href="#">Cholesterol</a>	557.81 mg	186 %
<a href="#">Phytosterols</a>	61.23 mg	

Other		
Nutrient	Amount	DV
<a href="#">Alcohol, ethyl</a>	0 g	
<a href="#">Ash</a>	13.86 g	
<a href="#">Caffeine</a>	2.52 mg	
<a href="#">Dihydrophyllquinone</a>	3.4 mcg	
<a href="#">Menaquinone-4</a>	0 mcg	
<a href="#">Theobromine</a>	21.84 mg	
<a href="#">Vitamin D3 (cholecalciferol)</a>	2.3 mcg	
<a href="#">Water</a>	999.54 g	

Please [let us know](#) if you have any suggestions on how to make this website better.

Nutrition calculator: computes nutrition value of a meal. Daily values are based on 155 lbs body weight and 2000 calorie diet ([change](#)). Interchangeable pairs aminoacids: Methionine + Cysteine, Phenylalanine + Tyrosine. Nutritional value of a cooked product is provided for the given weight of cooked food. Data from US National Nutrient Database for Standard Reference, Release 28.

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## Part B – My Daily Plan

Go to Choose My Plate Daily Plan. Enter the required information and generate a plan. Once you have completed this, take and insert screenshots of your full plan below.

SCREENSHOT #1

## SCREENSHOT #2

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### Part C - Reflection Questions

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1. Compare the results of your daily plan to what you ate. What food groups did you eat too much of? Which food groups do you need to eat more of?
2. Where can you make improvements in your diet? Explain in a few sentences.
3. What other foods can you eat to meet your intake goals? Give at least three specific substitutions.