# ACE Women’s Network – 3 Day Diet Analysis

## Why do a diet analysis?

A diet analysis is an opportunity to take an in-depth look at your current nutritional status. There are many things to consider when we talk about nutrition; we want to be sure that not only are we eating the recommended amount of food (caloric intake) but also that we are meeting (and not exceeding) the recommendations for nutrients such as protein, carbohydrates, fats, vitamins and minerals. There are many food tracker options, for this activity we will be using MyFitnessPal. This particular program is free to use, is relatively easy to navigate, and has a very comprehensive food data base. Our goal is to not only give you usable information on your current nutritional status, but to introduce you to a tool that you can continue to use if you choose.

Once you have kept a 3 day record of your dietary intake, feel free to join one of our LCC Registered Dietitians (RD) to discuss results and gain valuable information on nutritional improvements. Appointments with the RD’s are coordinated by Lisa Mazure.

## INSTRUCTIONS:

1. For this activity, you will want to use MyFitnessPal. You can opt to use either the MyFItnessPal app for your smartphone or the website at [www.myfitnesspal.com](http://www.myfitnesspal.com)
2. Food record: Using MyfitnessPal, log in all of the food you eat (include drinks) over the course of a 3 day period. Be sure to scroll down to the Water Consumption box and add in the amount water you drink too.
   1. TIP: You will get more accurate results if you log your food close to your meal so you don’t forget things!
   2. TIP: Searching the database for general terms makes it easier to find a specific item, as the program is sensitive to spelling/case sensitive. For example, searching cereal will bring up an alphabetical list of all cereals in the database but searching a specific cereal brand might not locate your item unless the name is an exact match.
   3. TIP: Try to be as accurate as you can with serving size!
   4. TIP: Consider logging your food on at least 1 weekend day since eating patterns often differ from week days.
3. Once you are finished entering for the day, click on the button at the bottom of the screen that says “Complete Entry” or “Submit”. The program will still allow you to add foods if you need to.
4. Near the “Complete Entry” button you will see an option to click on Nutrition. First off, you will see near the top an option to be in “Day View” or “Week View”. It is helpful to switch to “Week View” so you will be viewing your 3 day averages intake. Along the top you will also see that it gives you three views: (1) Calories (2) Nutrients and (3) Macros. Each of these reports will give you a different view of your diet.
5. Please print your reports (if possible) if you plan to arrange an appointment with one of the RD’s so they can look over your results with you.