Building blocks of life

1. Food item: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Estimated Food Serving size:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Actual Food Serving size:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Estimated – Actual

Calculate Percentage difference = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ X 100 = +/- size change

Actual

2. Food item: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Estimated Food Serving size:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Actual Food Serving size:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Estimated – Actual

Calculate Percentage difference = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ X 100 = +/- size change

Actual

3. Food item: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Estimated Food Serving size:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Actual Food Serving size:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Estimated – Actual

Calculate Percentage difference = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ X 100 = +/- size change

Actual

4. Food item: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Estimated Food Serving size:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Actual Food Serving size:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Estimated – Actual

Calculate Percentage difference = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ X 100 = +/- size change

Actual

Go the following webpage (<http://fnic.nal.usda.gov/fnic/interactiveDRI/>) (google daily nutrition requirements calculator and it will be the second webpage) and complete the form to determine the following:

Caloric Requirement: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_calories

Carbohydrate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grams

Fiber: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grams

Protein: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_grams

Fat: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_grams

Saturated Fatty acids:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Trans Fatty acids:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Calcium:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sodium: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Analysis Questions: Answer on your own sheet of paper in complete sentences.

1. For each food item listed on the back of this sheet, discuss how it relates in nutrition to what your body requires daily.
2. Why is salt important to our diet? Why is too much salt a concern?
3. What is the role of calcium in the body?

Identify 4 food items or snacks you like to eat. Fill out the food label for each

