Grading Criteria: Part II 3-Day Computer Analysis of Revised Diet

Name: __________________________

Food Intake Record for all 3 days (6 pts) ______

Food Guide Pyramid determined on Food Intake Record sheet (6 pts) ______

Serving sizes & recognition of foods in pyramid categories correct (15 pts, -2 for each new mistake) ______

Met guidelines for Food Guide Pyramid
  Breads & Cereals 6-11 (2 pts) ______
  Fruits 2-4 (2 pts) ______
  Vegetables 3-5 (2 pts) ______
  Meats 2-3 (2 pts) ______
  Milk 2-3 (2 pts) ______
  Fats, oils & sweets-use sparingly (3 ) ______

Computer data entered correctly (12 pts, -2/each new mistake) ______

Spreadsheet circled each day (kcal, total fat, saturated fat, Ca, Vit C, Folate, Potassium, Sodium, Iron, Caffeine) (10 pts) ______

Physical Activity Records for all 3 days (3pts) ______

Met goals for 10 Dietary Guidelines (10 pts) ______

Typed analysis fits the evidence of assignment goals (10 pts) ______

Ate a diet which met goals of assignment using the 3-day average:
  Kcals between 70-110% (5 pts) ______
  Protein >70% (2 pts) ______
  CHO >70% (2 pts) ______
  Dietary Fiber >70% (2pts) ______
  Vit. A >70% (2pts) ______
  Thiamin > 70% (2 pts) ______
  Riboflavin >70% (2 pts) ______
  Niacin >70% (2 pts) ______
  Vit. B6 >70% (2 pts) ______
  Vit. B12 >70% (2 pts) ______
  Folate >70% (2 pts) ______
  Vit. C >70% (2 pts) ______
  Vit. D >70% (2 pts) ______
  Vit. E >70% (2 pts) ______
  Ca >70% (2 pts) ______
  Fe >70% (2 pts) ______
  Mg >70% (2 pts) ______
  P >70% (2 pts) ______
  K >70% (2 pts) ______
  Na ≤100% (2 pts) ______
  Vitamin D >70% (2 pts) ______
  % of Kcal from Protein ~15% (5 pts) ______
  % of Kcal from Fat 20-25% (10 pts) ______
  % of Kcal from CHO >55% (5 pts) ______

Total (150 pts) ________________________________

+ 5 pts if Turned in Early

Comments: