

Tips on How to Write Your Diet Analysis Paper

The purpose of this assignment is to analyze your diet. Your goal is to record your food intake for three days, use a computer software program to determine the nutrients in your diet, and analyze your diet against DRI to assess the status of your diet. You need to explain your current health status in the context of your current diet, explain how your diet could impact your long term health, and then explain how you could modify your current diet to improve long term health outcomes.

Your paper needs to demonstrate your knowledge of the nutritional principles covered in the class. Use the vocabulary, concepts and principles learned in the BIO-1400 to analyze your personal diet. The main focus should be to provide a “prospective” assessment as it may relate to your diet and possible future disease states you may experience.

Introduction:

Explain the purpose of the paper.

- a. Personal diet analysis.
- b. Relationship between diet and different disease states.

Explain how you did your “research” on your personal diet. (Collect data).

Explain the tool(s) you used to compile the nutritional data from your personal diet.

- a. My Pyramid
- b. Nutri Cal Plus

Body of Paper:

I. Treat each nutritional category as a separate topic.

- a. Define nutrient’s primary role in the body.
- b. Your nutritional status.
- c. Potential risk factor.
- d. Corrective action.

II. Explain why exercise is important and how exercise can effect your nutritional status.

- a. Assessment of personal fitness and exercise regiment.
- b. Possible corrective action.
- c. Benefits of corrective action.

Conclusion:

Explain what you learned from the diet analysis study.

Make an “original statement”, based on your concluding remarks.

Diet Analysis Paper Example

**Ann M. Coulston, Carol J.
Boushey, Mario Ferruzzi, Linda
Delahanty**

Diet Analysis Paper Example:

Review of the Hanford Thyroid Disease Study Draft Final Report National Academy of Sciences, Commission on Life Sciences, Board on Radiation Effects Research, Committee on an Assessment of Centers for Disease Control and Prevention Radiation Studies from DOE Contractor Sites: Subcommittee to Review the Hanford Thyroid Disease Study Final Results and Report, 2000-02-01 In 1986 officials of the US Department of Energy revealed that the Hanford Atomic Products Operations in Richland Washington had been releasing radioactive material in particular iodine 131 into the environment over a period of years This information which confirmed the suspicions of some people in the Pacific Northwest about what they called the Hanford Reservation or just Hanford created quite a stir Both the US Congress and citizens of the Northwest became keenly interested in knowing whether these radiation releases had caused human health effects They were particularly concerned about whether Hanford releases of iodine 131 had led to an increase in thyroid disease among the population of the area In 1988 Congress ordered a study of the human health effects of exposure to the iodine 131 released from Hanford Funded by the Centers for Disease Control and Prevention CDC the study was carried out by the Seattle based Fred Hutchinson Cancer Research Center over the last decade The study examined estimate of exposure of the thyroid and rates of thyroid disease because iodine 131 concentrates in the thyroid and that organ would be the best indicator of radiation damage in the population The Centers for Disease Control and Prevention CDC asked the National Academy of Sciences National Research Council NAS NRC to give an independent appraisal of the study methodology results and interpretation and of the communication of the study results to the public Review of the Hanford Thyroid Disease Study Draft Final Report constitutes the response of the NRC subcommittee to that request To respond to the charge the NRC subcommittee felt that it needed to go beyond the specific questions addressed to it by CDC and develop a broad understanding and critique of the HTDS and the Draft Final Report As part of those activities the subcommittee solicited comments from outside experts and members of the public primarily in a public meeting held in Spokane Washington in June 1999 where 14 scientists and members of the public made formal presentations to the subcommittee about various aspects of the Draft Final Report Other members of the public also spoke during four open comment sessions at the meeting In addition efforts were made to evaluate all information materials prepared for the public and additional CDC communication plans Information was gathered through interviews with journalists members of concerned citizen groups in the Hanford region members of the CDC scientific and media staff in Atlanta and the HTDS investigators In this summary the main points follow the structure of our report and are presented under several headings epidemiologic and clinical methods and data collection dosimetry statistical analyses statistical power and interpretation of the study and communication of the study results to the public We then provide a brief synopsis of our response to the questions raised by CDC

Diet Analysis Gordon M. Wardlaw, Paul M. Insel, 1992 **FAO Food and Nutrition Paper** ,1996 *Nutrition Research: Concepts and Applications* Karen Eich Drummond, Alison Reyes, L. Suzanne

Goodell, Natalie K. Cooke, Virginia C. Stage, 2022-05-23 *Nutrition Research Concepts and Applications Second Edition* assists students in developing the skills necessary to become knowledgeable consumers of research conduct and document research projects and using research findings in the classroom and in supervised practice The Second Edition makes research articles approachable and understandable so students can feel confident reading and interpreting not just primary research but also narrative and systematic reviews In turn this text also helps students understand and access practice guidelines to enable their participation in evidence based nutrition and dietetics practice *Nutrition Research Second Edition* provides numerous examples of concepts ample practice opportunities using questions tied to actual studies and occasions for step by step mastery of concepts This valuable text starts with the basics and is comprehensive in its approach making it ideal for undergraduate students as well as graduate students *Nutrition Education for the Public Food and Agriculture Organization of the United Nations, 1997 Papers from the FAO Expert Consultation on Nutrition Education for the Public* 18 22 September 1995 For the report of this conference see FAO Food Nutrition Paper 59 ISBN 9251037973 **Nutrition in the Prevention and Treatment of Disease** Ann M. Coulston, Carol J. Boushey, Mario Ferruzzi, Linda Delahanty, 2017-04-28 *Nutrition in the Prevention and Treatment of Disease Fourth Edition* is a compilation of current knowledge in clinical nutrition and an overview of the rationale and science base of its application to practice in the prevention and treatment of disease In its fourth edition this text continues the tradition of incorporating new discoveries and methods related to this important area of research Generating and analyzing data that summarize dietary intake and its association with disease are valuable tasks in treating disease and developing disease prevention strategies Well founded medical nutrition therapies can minimize disease development and related complications Providing scientifically sound creative and effective nutrition interventions is both challenging and rewarding Two new chapters on metabolomics and translational research which have come to be used in nutrition research in recent years The new areas of study are discussed with the perspective that the application of the scientific method is by definition an evolutionary process A new chapter on Genetics and Diabetes which reviews the latest research on causal genetic variants and biological mechanisms responsible for the disease and explores potential interactions with environmental factors such as diet and lifestyle Includes all major omics the exposome metabolomics genomics and the gut microbiome Expands the microbiota portions to reflect complexity of diet on gut microbial ecology metabolism and health *The Teal* Matthieu Guillemain, Johan Elmberg, 2014-10-23 Small noisy and colourful the Teal is a familiar duck throughout the wetlands and waterways Europe and Asia Once hunted extensively for the pot its numbers have recovered and it is now one of our commonest species of waterfowl A flagship species for wetland conservation the Teal is also an excellent model species for ecological research and this forms the spine of this new Poyser monograph The Teal looks at distribution and trends in numbers foraging ecology breeding behaviour population dynamics management and conservation of teal looking at both the Eurasian Common Teal and its North American equivalent the

Green winged Teal which until relatively recently was considered to be the same species The book provides a scientifically robust account on which wetland managers research scientists and the ornithological community may rely with wider implicatons for the conservation and management of other waterfowl and for ecological research in general

A Dietary Evaluation of Two Mill Creek Sites, the Matt Brewster and the Phipps Sites, in Northwest Iowa John E.

Dallman,1977 Nutritional Assessment of Athletes Judy A. Driskell,Ira Wolinsky,2016-04-19 Nutritional assessment is a key to determining the health and performance efficiency of professional collegiate and recreational athletes Expanded to include new chapters the second edition of Nutritional Assessment of Athletes examines the dietary nutritional and physical needs of athletes and describes critical biochemical and cli **journal of archiaeological science** , **The Lancet**

London ,1871 **Choice of Diet** ,1983 *Clinical Practice of the Dental Hygienist* Esther M. Wilkins,1989 The Ninth Edition of the definitive text on dental hygiene is significantly revised and updated to provide even more focused guidance on all aspects of dental hygiene in the clinical environment Ideal for both students and practitioners the book reviews the clinical and educational skills needed for successful practice Six comprehensive sections address orientation preparation for appointments patient assessment treatment and patients with special needs New features include a significantly revised art program case based exercises to reinforce understanding procedure boxes to enhance technique and ethics boxes New ancillaries include a student workbook sold separately and instructor s Website Visit [http connection LWW com go wilkins](http://connection.lww.com/go/wilkins) to view video clips of the authors and for more information **Report of the Director of Veterinary Services and Animal**

Industry South Africa. Division of Veterinary Services and Animal Industry,1919 **The Newer Knowledge of Nutrition**

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Cataldo,Sharon Rady Rolfes,Eleanor Noss Whitney,1991 This is a textbook on clinical nutrition for students entering the health care profession **Bulletin 30 of the Committee of One Hundred on National Health** Irving Fisher,1923

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