Keep a written or typed record of everything you eat and drink for five to seven days. You choose the total number of days: minimum five, maximum seven. Keep track of portion sizes as well as types of food and drink.

Use Appendix "B" in your text to help you complete your intake record sheets. There are copies of the intake record sheets in this lab booklet, directly after this exercise. Additional forms may be copied from the BSC 1025L pages posted on our website.

Once you have gathered five to seven days of diet information you will use the Evalueat CD to do your diet analysis report. If you do not have access to the CD, you may choose to go to the "open" computer lab on the third floor of the YBOR building and use their copy of the Evalueat diet analysis program to enter your information and print your reports. Our text publisher has provided us with a site license for use of the Evalueat program in our open computer lab. The publisher does not allow duplication of the Evalueat CD or the online Evalueat programs.

Your report will be considered on time if you hand it in prior to the due date or no later than the time indicated on your course syllabus. You are to provide (in this order):

- A summary (typed on white paper and double-spaced) of your Evalueat diet analysis experience(s).
- Your hand-written five to seven day log of nutrient intakes.
- A copy of your weight management calculator from the computer program and
- A printout of each day’s intake of nutrients (select "print nutrient breakdown" and "analyze a single day" for each of the five to seven days and print a copy of each one for each day).

EVALUEAT DIET ANALYSIS INSTRUCTIONS

- Insert the CD. The program is self-loading. If you are working in the computer lab, there will probably be an icon for Evalueat on the desktop.
- Two windows will appear. The window on the left will be the "Evalueat main control panel" and the window on the right will be the "personal data" window.
- Click on "personal data" on the main control panel and enter your personal data.
- Select the "weight management calculator" on the personal data window.
- If you wish to maintain your current weight, just select to print a copy of the weight management calculator. If you wish to gain or lose weight, delete the existing weight figure, enter the figure that represents your desired weight, and print a copy of the weight management calculator.
- Close the weight management calculator and then close the personal data window.
• Click on "food list" on the main control panel. A window labeled "food list" will appear on your right.

• Enter the name of your first food item in the "address line" at the top of the food list window then click on "search the database" (located to the left of the "address" line.

• Choices will appear. Select your choice then click on "add to my list".

• A new window will appear titled "food item selection". Choose from the "household measures" or click on grams, ounces or pound. Then select how many grams, ounces or pounds.

• Indicate the day in the sequence (days are one through five; you can do more - to a maximum of seven - if you wish).

• Pick a meal or snack designation in the "meal information" section.

• Now click on "add this food".

• Continue adding your items for the day. Include all items for breakfast, lunch, dinner and snacks.

• If you wish to remove an item, from your list for the day, open the "food list" window, select the item and click on "delete".

• When you have completed the entries for one day, click on "print nutrient breakdown" and print the day's copy.

• Select display results from the main control panel and click on "analyze a single day". Print a copy of the analysis.

• Enter the items for the next day.

3. **REMEMBER!** You will be handing in a report that consists of these items presented in this order:

   • A **summary** (typed on white paper and double-spaced) of your "Evaluate" diet analysis experience(s),

   • A copy of your hand-written (on forms provided: not on scrap paper) or computer generated log of everything you consumed for a five to seven day period,

   • A copy of your **weight management calculator**,

   • A copy of the "nutrient breakdown" for each of the five to seven days, and

   • A copy of the "analysis of a single day" for each of the five to seven days.