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 the portion sizes as well as the types of food and drink.

When you have gathered five to seven days of diet information, access "CourseCompass" by using the access code provided with your nutrition textbook. "MyDietAnalysis" is provided as part of the "CourseCompass" materials.

If you do not have access to "CourseCompass", 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 instead of using "MyDietAnalysis 2.0". The instructions for using the "Evalueat" program are included in this lab booklet. Our text publisher has provided us with a site license for use of the "Evalueat" program in our open computer lab, but not for "MyDietAnalysis". The publisher does not allow duplication of the CD or the online "Evalueat" or "MyDietAnalysis" 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 diet analysis experience(s).
- Your hand-written or program generated (see: "diet tracker") five to seven day log of nutrient intakes.
- A copy of your "profile".
- A "all nutrients spreadsheet" page for each of the five to seven days, and
- A "nutrition facts" page for each of the five to seven days.

"MYDIETANALYSIS 2.0" INSTRUCTIONS

- Go to CourseCompass. Your course name is BSC 1025. Your course ID code is: miletta89297.

- When the CourseCompass page appears, select "MyDietAnalysis" from the list of choices on the left side of the page. A new page will appear that has an icon for "MyDietAnalysis". Enter the program by clicking on either the icon or the phrase "access to MyDietAnalysis", which is below the icon.

- First time users must follow the instructions provided to get their password. Returning users just log in with their established password. After you log in, a "welcome" page will appear. There are tabs at the top of the "welcome" page. Select the "profiles" tab to create your personal profile.

- When the profiles page opens, enter the required information (name, height, weight, etc.) then click "next".
• A new page appears and you must select whether you wish to maintain, gain or lose weight. Then click “next”.

• Another page appears that describes various possible activity levels and asks you to select the level that best applies to your lifestyle. Do so, and then click on “finish”.

• Your profile is now complete. A copy of the profile should be visible on your screen. Print a copy of the finished profile by clicking on the printer icon on your taskbar.

• Now go to the task bar and select “diet tracker”. Once you open “diet tracker”:

1. Select a day from the list of seven days located towards the upper left of your screen. You may elect to give the day a name by entering the name in the window next to “name this day”.

2. Enter a food name in the “search” window. Then click on “search”. A list of descriptions will appear. Scroll down the list of choices until you find the best match for your selection. Click on “add+”, which appears to the left of the description.

3. When the new window appears, click on the button next to “meal” to select whether the food is associated with breakfast, lunch, dinner, or snack for that day. Select a “serving size” by clicking on the button to the right of the serving size window. Select a unit of measure by clicking on the button for the window to the right of serving size.

4. Repeat these steps to enter all your other nutrients for the day. When you have completed entry of the day’s nutrients, hit the “save changes” button on the lower right.

5. Now click on the tab at the top of the page that says “reports”. When the page appears, select “all nutrients spreadsheet” from the column on the left of the page. Hit the print button on the taskbar to print the page. Select “nutrition facts” from the same column and print a copy. Repeat this process for each day.

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 "MyDietAnalysis“ experience(s),
• A copy of your hand-written (on forms provided: not on scrap paper) or computer generated (“diet tracker”) log of everything you consumed for a five to seven day period,
• A copy of your “profile” page,
• A copy of the “all nutrients spreadsheet” for each day of the five to seven days, and
• A copy of the “nutrition facts” for each day of the five to seven days.

NOTE: Do not use plastic covers, binder, paper clips, etc. All reports must be stapled in the upper left corner.