

Diet Analysis Program Instructions

OBJECTIVE:

The student will obtain greater awareness about the nutritional strengths and weaknesses of their diet. The student will then be more informed to make good nutritional choices.

My Pyramid Tracker is an online dietary assessment tool offered by the United States Department of Agriculture. It provides information on your diet quality, related nutrition messages and links to nutrient information. After providing a day's worth of dietary information, you will receive an overall evaluation by comparing the amounts of food you ate to current nutritional guidelines.

PROCEDURE:

1. The student will maintain a 3-day journal of all food, beverages, snacks, and condiments they eat and drink.
2. On the day you enter your diet into the program, you will choose the one day you thought was your best (this is up to your discretion – could be the day with the most food, the healthiest food, etc.)
3. Open the internet on your computer and type in the following website:
www.mypyramidtracker.gov/default.htm
4. Register by doing the following steps:
 - a. On the bottom of the page, click
 - b. Enter your User ID – **your first and last name typed together with no spaces ex. JohnSmith** – if it says that it is already being used add a number to the end of your last name
 - c. Enter your password – you make this up on your own
 - d. Confirm your password – type the same password as you did the first time
 - e. Don't enter any of the optional information and
 - f. Write down your User ID and password in order to remember for later.
 - g. Complete your profile on the next page by filling in the information requested. BE ACCURATE! This information will ONLY be used by

the program to calculate your daily requirements and will NOT be know to your classmates or your teacher. (NOTE: When entering the ENTRY DATE, enter the date of the one day of your food journal that you are going to use for the program)

h. Click – Click OK.

i. Click

5. Entering your food journal information into *My Pyramid Tracker*:

a. Enter a food item in the box and click . Look for the result that most closely matches the food you ate (*Note*: for foods you eat frequently, you can add them to your “frequently used foods list” – this is a great time saver)

b. Once you have located your food item, click it add it to your list of foods eaten. It will then appear on the right side of the screen. If you need to remove a food/beverage from your list, click the Remove button next to that item.

c. REPEAT steps “a” & “b” for all food and beverages listed in your journal for the day you have chosen to enter.

d. Click – only if all food & beverages have been entered.

e. Click for an item and select the amount that most closely matches what you ate. Then enter the number of servings, based on the “serving size” you chose, to exactly match how much you ate. Repeat this for all food/beverages listed.

6. What to print:

a. Click (**It is in red at the bottom**). Make sure you choose a printer that is in the computer lab you are currently in.

b. Click

c. On the “analyze your food intake” page, click Select one of the 2 options and click Go! – **print a copy** of this page.

- d. On the bottom of this page, click My Pyramid Recommendation. **Print a copy** of this page.
- e. On the bottom of this page, click Nutrient Intakes. **Print a copy** of this page.
- f. When you are finished printing, close the program and staple all the pages together in the following order:
 - a. Food Record
 - b. Dietary Guidelines Recommendations
 - c. My Pyramid Recommendations
 - d. Nutrient Intakes

**TURN IN YOUR STAPLED PACKET TO YOUR TEACHER BEFORE YOU
LEAVE THE COMPUTER LAB!**