

Diet Analysis Project
Health--Mr. Post

Student Name _____

Item Required	Point value	Points earned
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day 1	Daily Food Record	5	
	Dietary Guidelines Recommendations	5	
	MyPyramid Recommendations	5	
	Nutrient Intakes (with assessment)	5	
	Comments made on Daily Food Record	5	

day 2	Daily Food Record	5	
	Dietary Guidelines Recommendations	5	
	MyPyramid Recommendations	5	
	Nutrient Intakes (with assessment)	5	
	Comments made on Daily Food Record	5	

day 3	Daily Food Record	5	
	Dietary Guidelines Recommendations	5	
	MyPyramid Recommendations	5	
	Nutrient Intakes (with assessment)	5	
	Comments made on Daily Food Record	5	

Nutrient History	Food Energy	5	
	Protein	5	
	Carbohydrate	5	
	Total Fat	5	
	Sodium	5	

TOTAL: