

Assignment 1-Nutrition Self Study and Evaluation

FOOD LIST DAY 1

<i>Food</i>	<i>Amount</i>	
Breakfast	Measurement of Food	Activities
Orange Juice	8 oz. Orange juice	Ate at home
Chocolate chip muffin	3 tablespoons white whole wheat flour ¼ teaspoon baking powder dash of salt 1.5 tablespoons semi-sweet chocolate chips ½ teaspoon vanilla extract 1 tablespoon butter 1 tablespoon + 1 teaspoon almond milk 1 tablespoon sugar	Ate at home
Lunch		
Sesame-Ginger Soba Noodle Salad	1/8 cup neutral oil, such as grape seed or canola 1 tablespoons toasted sesame oil 1 tablespoon chili oil 1/8 cup soy sauce 1 tablespoons balsamic vinegar 1/2 tablespoons dark brown sugar ½ teaspoons kosher salt ½ tablespoon minced ginger ½ garlic clove, minced 5-1/2-ounce package soba noodles ½ bunch asparagus, ribboned 1 red bell peppers, roasted and sliced, or 1/2 cup jarred roasted bell peppers, drained 1 handful mung bean sprouts 1/2 bunch scallions, thinly sliced	Ate with friends in a outlet

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	1/8 cup toasted sesame seeds 1/8 cup chopped cilantro	
Water	12 oz. glass of water	Drank with friends in a food outlet
Dinner		
Shrimp, Leek, and Spinach Pasta	1/4pound gemelli, fusilli, or other short pasta 1/2 tablespoons unsalted butter 1 leek (white and light green parts only), halved lengthwise then crosswise kosher salt and black pepper 1/2 pound peeled and deveined medium shrimp (raw) finely grated zest of 1 lemon 1/4cup heavy cream 3ounces baby spinach (about 12 cups)	Ate at home
Water	12 oz. glass of water	Drank at home
Snacks		
Spiced Orange	1 medium orange, sprinkled with cinnamon	Ate in a car on my way home

FOOD LIST DAY 2*Food**Amount*

Breakfast	Measurement of Food	Activities
Chex & Cheerios Trail Mix	1/2 cup Cheerios cereal, 1/2 cup Chex cereal (any kind), 1/2 cup Kix cereal, 1/4 cup raisins, 1/4 cup candy-coated chocolate candies, 1/4 cup peanuts	Ate at home
Orange juice	8 Oz. glass of Orange juice	Drank at home
Lunch		
Greek Yogurt Chicken Salad Recipe	<ul style="list-style-type: none"> • 1 cup chopped, cooked chicken • 1/4 cup diced celery • 1/4 cup dried raisins • 1/4 cup plain Greek Yogurt (I use fat-free) • 1 TBSP Mayo (I love the kind made with olive oil) • 1/4 tsp salt • 1/4 tsp pepper • Optional stuffing ideas: carrots, lettuce, sprouts 	Invited for lunch by a friend
Water	8 Oz. glass of water	Invited for lunch by a friend
Dinner		

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Spicy Salmon With Bok Choy and Rice	<ul style="list-style-type: none"> • 1/2cup long-grain white rice • 1/2tablespoons honey • 1/2tablespoon soy sauce • 1/8teaspoon crushed red pepper • 2 3-ounce skinless salmon fillets • 1/4 pound baby bok choy 	Dinner out with friends
Water	12 Oz. glass of water	Dinner out with friends
Snacks		
Bitterballen	beef or veal (minced or chopped), beef broth, butter, flour for thickening, parsley, salt and pepper,	Ate while relaxing with friends

FOOD LIST DAY 3

<i>Food</i>	<i>Amount</i>	
Breakfast	Measurement of Food	Activities
Apple Flame Omelette	1 apples, 1/2 Tablespoon rum or lemon juice, 1 ½ Tablespoons fine granulated sugar, 2 eggs, 1/2 Tablespoon sugar, 1 Tablespoons cold water	Ate at home
Orange juice	8 Oz. glass of Orange juice	Drank at home
Lunch		
Stuffed Bagel Sandwiches	1/4 large bagel, or 1/2 small bagels 1/8 cup whipped cream cheese 1 TB dill relish 1 large slice of salami, diced 1 baby carrot, diced a pinch of salt and pepper (pinch = about 1/8 tsp) (a pinch of garlic powder is also fabulous for you garlic lovers!)	Ate alone in a food outlet

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Water	12 Oz. glass of water	Drank at food outlet
Dinner		
Zucchini and Bean Salad With Bulgur	1/8cup olive oil ½ tablespoons red wine vinegar kosher salt and black pepper 1 medium zucchini (about 1/2 pound), halved and thinly sliced 1 9-ounce can kidney beans, rinsed 1/2 small shallot, thinly sliced 1/8 cup chopped salted roasted almonds 1/8 cup chopped fresh dill ½ cup bulgur ½ cup goat cheese, crumbled (4 ounces)	Ate in a hotel with a friend
Water	16 Oz. glass of water	Ate in a hotel with a friend
Snacks		
Cookie	1 cup of flour, 2 eggs and 3 teaspoonfuls sugar.	Ate at home

Activity Chart-Day 1

Time	Activity	Intensity
12:00 am	sleeping	light
12:15 am	sleeping	light
12:30 am	sleeping	light
12:45 am	sleeping	light
1:00 am	sleeping	light
1:15 am	sleeping	light
1:30 am	sleeping	light
1:45 am	sleeping	light
2:00 am	sleeping	light
2:15 am	sleeping	light
2:30 am	sleeping	light
2:45 am	sleeping	light
3:00 am	sleeping	light
3:15 am	sleeping	light
3:30 am	sleeping	light
3:45 am	sleeping	light
4:00 am	sleeping	light
4:15 am	sleeping	light
4:30 am	sleeping	light
4:45 am	sleeping	light
5:00 am	sleeping	light
5:15 am	sleeping	light
5:30 am	sleeping	light
5:45 am	jogging	Vigorous
6:00 am	jogging	Vigorous
6:15 am	jogging	Vigorous
6:30 am	walking moderately	Moderate
6:45 am	walking moderately	Moderate
7:00 am	walking moderately	Moderate
7:15 am	studying	light
7:30 am	studying	light

Activity Chart Day -1

Time	Activity	Intensity
7:45 am	studying	light
8:00 am	studying	light
8:15 am	studying	light
8:30 am	Using a computer	light
8:45 am	Attending class	light
9:00 am	Attending class	light
9:15 am	Attending class	light
9:30 am	Using a computer	light
9:45 am	Using a computer	light
10:00 am	Attending class	light
10:15 am	Attending class	light
10:30 am	Watching TV	light
10:45 am	Watching TV	light
11:00 am	Using a computer	light
11:15 am	studying	light
11:30 am	studying	light
11:45 am	studying	light
12:00 pm	Talking	light
12:00 pm	Talking	light
12:15 pm	talking	light
12:30 pm	talking	light
12:45 pm	washing dishes	moderate
1:00 pm	washing car	moderately
1:15 pm	talking	light
1:30 pm	spinning	intense
1:45 pm	walking uphill	intense
2:00 pm	moderately walking	moderately
2:15 pm	Attending class	light
2:30 pm	Attending class	light
2:45 pm	Attending class	light
3:00 pm	walking moderately	moderate
3:15 pm	spinning	intense
3:30 pm	studying	light
3:45 pm	studying	light
4:00 pm	studying	light
4:15 pm	Washing dishes	moderately
4:30 pm	washing car	moderately
4:45 pm	talking	light
5:00 pm	watching TV	light
5:15 pm	studying	light
5:30 pm	studying	light
5:45 pm	studying	light

Activity Chart Day -1

Time	Activity	Intensity
6:00 pm	studying	light
6:15 pm	jogging	Vigorous
6:30 pm	jogging	Vigorous
6:45 pm	jogging	Vigorous
7:00 pm	walking moderately	Moderate
7:15 pm	walking moderately	Moderate
7:30 pm	walking moderately	Moderate
7:45 pm	Watching TV	light
8:00 pm	Watching TV	light
8:15 pm	Attending class	light
8:30 pm	Attending class	light
8:45 pm	Attending class	light
9:00 pm	Attending class	light
9:15 pm	doing homework	light
9:30 pm	doing homework	light
9:45 pm	doing homework	light
10:00 pm	studying	light
10:15 pm	studying	light
10:30 pm	studying	light
10:45 pm	talking	light
11:00 pm	talking	light
11:15 pm	talking	light
11:30 pm	washing dishes	moderate
11:45 pm	sleeping	light

All activities should be completely filled in. Include sleeping hours.

Activity Chart Day –2

Time	Activity	Intensity
12:00 am	sleeping	light
12:15 am	sleeping	light
12:30 am	sleeping	light
12:45 am	sleeping	light
1:00 am	sleeping	light
1:15 am	sleeping	light
1:30 am	sleeping	light
1:45 am	sleeping	light
2:00 am	sleeping	light
2:15 am	sleeping	light
2:30 am	sleeping	light
2:45 am	sleeping	light
3:00 am	sleeping	light

Activity Chart Day –2

Time	Activity	Intensity
3:15 am	sleeping	light
3:30 am	sleeping	light
3:45 am	sleeping	light
4:00 am	sleeping	light
4:15 am	sleeping	light
4:30 am	sleeping	light
4:45 am	sleeping	light
5:00 am	sleeping	light
5:15 am	sleeping	light
5:30 am	sleeping	light
5:45 am	jogging	Vigorous
6:00 am	jogging	Vigorous
6:15 am	jogging	Vigorous
6:30 am	walking moderately	Moderate
6:45 am	walking moderately	Moderate
7:00 am	walking moderately	Moderate
7:15 am	studying	light
7:30 am	studying	light
7:45 am	studying	light
8:00 am	studying	light
8:15 am	washing dishes	moderate
8:30 am	talking	light
8:45 am	Attending class	light
9:00 am	Attending class	light
9:15 am	Attending class	light
9:30 am	Attending class	light
9:45 am	walking moderately	moderate
10:00 am	watching TV	Light
10:15 am	cycling briskly	moderate
10:30 am	Attending class	light
10:45 am	Attending class	light
11:00 am	Attending class	light
11:15 am	Cycling briskly	moderate
11:30 am	Cycling briskly	moderate
U	Using a computer	light
12:00 pm	studying	light
12:00 pm	studying	light
12:15 pm	studying	light
12:30 pm	studying	light
12:45 pm	Car washing	Moderate
1:00 pm	Talking	Light
1:15 pm	Using computer	Light

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Activity Chart Day –2

Time	Activity	Intensity
1:30 pm	Watching TV	light
1:45 pm	Watching TV	light
2:00 pm	studying	light
2:15 pm	studying	light
2:30 pm	studying	light
2:45 pm	studying	light
3:00 pm	Washing dishes	Moderate
3:15 pm	using a computer	Light
3:30 pm	Moderately walking	Moderate
3:45 pm	Attending class	light
4:00 pm	Attending class	light
4:15 pm	Attending class	light
4:30 pm	Attending class	light
4:45 pm	Washing car	moderate
5:00 pm	Moderately walking	moderate
5:15 pm	spinning	intense
5:30 pm	Using a computer	Light
5:45 pm	walking moderately	moderate
6:00	jogging	Vigorous
6:15 pm	jogging	Vigorous
6:30 pm	jogging	Vigorous
6:45 pm	walking moderately	Moderate
7:00 pm	walking moderately	Moderate
7:15 pm	Spinning	intense
7:30 pm	Walking uphill	intense
7:45 pm	watching TV	Light
8:00 pm	Watching TV	Light
8:15 pm	talking	Light
8:30 pm	talking	Light
8:45 pm	washing dishes	Moderately
9:00 pm	studying	light
9:15 pm	studying	light
9:30 pm	studying	light
9:45 pm	studying	light
10:00 pm	using a computer	light
10:15 pm	using a computer	light
10:30 pm	watching TV	light
10:45 pm	Watching TV	light
11:00 pm	Talking	light
11:15 pm	Talking	light
11:30 pm	Talking	light
11:45 pm	sleeping	light

All activities should be completely filled in. Include sleeping hours.

Activity Chart Day –3

Time	Activity	Intensity
12:00 am	sleeping	light
12:15 am	sleeping	light
12:30 am	sleeping	light
12:45 am	sleeping	light
1:00 am	sleeping	light
1:15 am	sleeping	light
1:30 am	sleeping	light
1:45 am	sleeping	light
2:00 am	sleeping	light
2:15 am	sleeping	light
2:30 am	sleeping	light
2:45 am	sleeping	light
3:00 am	sleeping	light
3:15 am	sleeping	light
3:30 am	sleeping	light
3:45 am	sleeping	light
4:00 am	sleeping	light
4:15 am	sleeping	light
4:30 am	sleeping	light
4:45 am	sleeping	light
5:00 am	sleeping	light
5:15 am	sleeping	light
5:30 am	sleeping	light
5:45 am	sleeping	light
6:00 am	jogging	Vigorous
6:15 am	jogging	Vigorous
6:30 am	jogging	Vigorous
6:45 am	walking moderately	Moderate
7:00 am	walking moderately	Moderate
7:15 am	walking moderately	Moderate
7:30 am	Washing dishes	Moderate
7:45 am	Talking	light
8:00 am	Attending class	light
8:15 am	Attending class	light
8:30 am	Attending class	light
8:45 am	Washing Car	Moderate
9:00 am	studying	light
9:15 am	studying	light
9:30 am	studying	light
9:45 am	studying	light

Activity Chart Day -3

Time	Activity	Intensity
10:00 am	spinning	intense
10:15 am	moderately Walking	Moderate
10:30 am	Attending class	light
10:45 am	Attending class	light
11:00 am	Attending class	light
11:15 am	Attending class	light
11:30 am	moderately walking	Moderate
11:45 am	Using a computer	Light
12:00 pm	Moderately walking	Moderate
12:00 pm	Attending class	light
12:15 pm	Attending class	light
12:30 pm	Attending class	light
12:45 pm	Attending class	light
1:00 pm	Walking uphill	Intense
1:15 pm	Talking	light
1:30 pm	Attending class	light
1:45 pm	Attending class	light
2:00 pm	Using dishes	Moderate
2:15 pm	walking uphill	intense
2:30 pm	studying	light
2:45 pm	studying	light
3:00 pm	studying	light
3:15 pm	studying	light
3:30 pm	Moderately walking	moderately
3:45 pm	walking uphill	Intense
4:00 pm	Attending class	light
4:15 pm	Attending class	light
4:30 pm	Attending class	light
4:45 pm	Washing dishes	Moderate
4:00 pm	Washing car	moderate
5:15 pm	Watching TV	light
5:30 pm	walking moderately	Moderate
5:45 pm	walking moderately	Moderate
6:00 pm	jogging	Vigorous
6:15 pm	jogging	Vigorous
6:30 pm	jogging	Vigorous
6:45 pm	walking moderately	Moderate
7:00 pm	walking moderately	Moderate
7:15 pm	Walking uphill	intense
7:30 pm	Spinning	intense

Activity Chart Day -3

Time	Activity	Intensity
7:45 pm	watching TV	light
8:00 pm	studying	light
8:15 pm	studying	light
8:30 pm	studying	light
8:45 pm	studying	light
9:00 pm	Watching TV	light
9:15 pm	washing dishes	moderate
9:30 pm	talking	light
9:45 pm	talking	light
10:00 pm	using a computer	light
10:15 pm	using a computer	light
10:30 pm	washing car	moderate
10:45 pm	talking	light
11:00 pm	talking	light
11:15 pm	watching TV	light
11:30 pm	using computer	light
11:45 pm	sleeping	light