



# MUIDS NUTRITION CALCULATOR

Instructions: Over the next five days you will be using this nutrition calculator to assess your overall nutrition. Your grade will be based on how honest and thorough you are, not on how healthy you are. There is no penalty for having an unhealthy diet. Instead, use this as a learning opportunity. This calculator is designed to be easy to use, therefore it is not 100% accurate. It is based on a 2,000 calorie diet. If you eat more than this or less than this, your numbers should be a little higher or a little lower. Also to make it easier, all serving sizes have been converted into cups. You can see an example of 1 cup of cooked rice to the right. Calculations do not need to be exact, and can be entered in halves (ex. 0.5) or quarters (ex. 0.25). Please follow instructions carefully and ask the teacher if you have questions. You will not get your final totals until after Day 5 is complete.



Developed by Dan Simonds for use at Mahidol University International Demonstration School

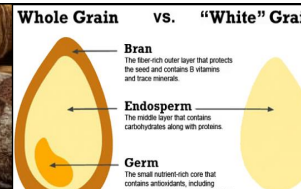
Section 1: Vegetables and Mushrooms	Vegetables (Total)	Vegetables (Raw)	Vegetables (Boiled / Steamed)	Vegetables (Stir-fried)	Vegetables (Deep fried)	Mushrooms
Monday	1		1			
Tuesday	2					
Wednesday	3		3			
Thursday	3		3			
Friday	2		2			



Section 2: Whole fruit and 100% Fruit Juice	Fruit (Total)	Whole Fruit	100% Fruit Juice	About: Fruits and Vegetables
Monday				Fruits and Vegetables are your main source for Vitamins, Minerals and Fiber. The United States Department of Health now suggests that a person consuming a 2,000 calorie diet should eat 9 servings of fruits and vegetables each day. A serving is about 1/2 cup or 1 cup if you are eating raw, leafy greens. Because fresh fruits and vegetables contain enzymes, which help your body absorb nutrients, it is much better to consume fresh fruits and vegetables than processed ones. The picture above shows a plate with the daily recommendation of fruits and vegetables.
Tuesday	1	1		
Wednesday	2	2		
Thursday	3	3		
Friday	2	2		

Section 3: Meat, Fish and Eggs	Meat (Pork / Beef / Chicken) Total	Meat (Fish) Total	Meat (Boiled / Steamed)	Meat (Stir-fried)	Meat (Deep Fried)	Eggs	Eggs (fried)
Monday	1.5		1.5				
Tuesday	1		1				
Wednesday	0.5		0.5			1	
Thursday	0.25		0.25				
Friday	1		1				

Section 4: Grains and Starches	Whole Grains (Total)	Refined Grains (Total)	Potatoes (Total)	Whole Grain vs. "White" Grain
Monday			2	<p><b>Whole Grain</b> vs. <b>"White" Grain</b></p> <p><b>Bran</b> The fiber-rich outer layer that protects the seed and contains B vitamins and trace minerals.</p> <p><b>Endosperm</b> The middle layer that contains carbohydrates along with proteins.</p> <p><b>Germ</b> The small nutrient-rich core that contains antioxidants, including vitamins E, B vitamins, and healthy fats.</p>
Tuesday		2.5		
Wednesday		3		
Thursday		2		



Section 5: Nuts, Seeds and Beans	Nuts / Seeds (Total)	Nuts / Seeds (Raw)	Nuts / Seeds (Roasted / Salted)	Soy / Tofu (Total)	Beans (Total) *do not include green beans	Coconut (whole or milk)
Monday	1		1			
Tuesday						
Wednesday				0.25		1
Thursday	1		1			1
Friday	1		1			1

Section 6: Dairy	Milk (Total)	Cheese (Total)	Yogurt Unsweetened (Total)	Yogurt Sweetened (Total)	About: Dairy
Monday					Dairy is a very controversial topic among nutritionists. On the one hand, dairy is high in calcium, vitamin D and protein. On the other hand, the purpose of milk is to make baby cows into giant animals, not for humans to drink. In addition, many people are lactose intolerant, meaning they have a hard time digesting dairy. Finally, there have been major studies which link consuming animal protein to many serious diseases.
Tuesday	1				
Wednesday	1				
Thursday	1				
Friday	1				

Section 7: Extras	Snacks (sweet - not including chocolate)	Snacks (salty / savory)	Sweet Drinks	Chocolates	Ice-cream	Sauces (on all foods) Average Dish = .25 cups	Soup / Curry Broth / Tomato Sauce
Monday							
Tuesday	1						1
Wednesday	0.75						
Thursday	1.25						
Friday							1

**Answer the following questions:**

**Answer:**

On average, how many different types of fruits and vegetables did you eat per day?  
Must be a minimum of 1/4 cup to be counted)

5

Were any of the meals you ate cooked with coconut oil, olive oil, or natural butter? This is only likely if it was cooked at home. If so, enter the total number of meals cooked with this oil.

2

How many of your total meals / snacks came from a chain restaurant (ex. McDonalds, Pizza Company) or came in a package (ex. from 7/11)? Count each meal as 1 and each snack as 0.5

2



## Your Results: These will not be complete until the end of Day 5

The Good	Complex Carbohydrates	17%	Most of these are considered beneficial to have in high quantities. Vitamins, minerals, carbohydrates, fats, protein and fiber are essential for your body to function. Being above 100% is not a problem for any of these categories. However, too much protein can be bad for your kidneys. Try to keep your levels closer to 100% than 200%, unless you do a lot of strength training.
	Protein	138%	
	Fiber	83%	
	Vitamins	90%	
	Minerals	30%	
	Good Fats	38%	
Be Careful	Bad Fats	0%	Most of these are considered harmful in high quantities. Try to stay below 100%. LDL (known as 'bad') cholesterol does not come from food, but some foods encourage your body to produce it. Although we can not live without sodium, most people go far over the daily recommendations. Simple carbohydrates basically have the same effect on your body as refined sugars. Both are considered to be the most significant dietary cause of obesity and disease. Some studies recommend less than 10% of total protein come from animals, and that high levels of animal proteins can lead to heart disease, cancer and other serious diseases.
	LDL (Bad) Cholesterol	55%	
	Simple Carbohydrates	79%	
	Refined Sugar	140%	
	Sodium	38%	
	Animal Protein (as a % of total protein)	47%	

For many of the above categories, you can see where your values come from below:

Source of Fiber	Fiber (grams)	Source of Complex Carbohydrates	Complex Carbohydrates (grams)	Source of Protein	Protein (grams)	Vitamins
Vegetables	33	Vegetables	55	Vegetables	11	90%
Nuts & Seeds	42	Nuts & Seeds	54	Nuts & Seeds	66	
Whole Grains	0	Whole Grains	0	Whole Grains	0	<b>Minerals</b>
Whole Fruit	24	Whole Fruit	104	Beans	0	30%
Beans	0	Beans	0	Mushrooms	0	
Fruit Juice	0	Mushrooms	0	Processed Grains	63	<b>Good Fats</b>
Mushrooms	0	Coconut	39	Coconuts	15	38%
Processed Grain	10.5	Tofu	1	Potatoes	0	
Coconut	15			Tofu	5	
Potato	0			Savory Snack	0	
Tofu	0.25			Meat (B / P / C)	127.5	
				Meat (Fish)	0	
				Milk	16	
				Cheese	0	
				Yogurt	0	
<b>Total (grams)</b>	<b>124.75</b>	<b>Total (grams)</b>	<b>253</b>	<b>Total (grams)</b>	<b>303.5</b>	
<b>Percent / 5 Days</b>	<b>83%</b>	<b>Percent / 5 Days</b>	<b>17%</b>	<b>Percent / 5 Days</b>	<b>138%</b>	

Source of Simple Carbohydrates	Simple Carbohydrates (grams)	Source of Refined Sugar	Refined Sugar (grams)	Source of Sodium	Sodium (miligrams)	Animal Protein (Percent of Total Protein)
Fruit Juice	0	Chocolate	0	Chocolate	0	47%
Sweet Snacks	240	Ice-Cream	0	Ice-cream	0	
Sweet Drinks	0	Sweetened Yogurt	0	Cheese	0	<b>Bad Fats</b>
Processed Grains	315	Sauces	0	Milk	428	0%
Potatoes	0	Sweet Snacks	210	Yogurt (all)	0	
Savory Snacks	0	Sweetened Drinks	0	Sauces	0	<b>LDL (Bad) Cholesterol</b>
Chocolate	0			Sweet Snacks	600	55%
Ice-cream	0			Savory Snacks	0	
				Broth	2000	
<b>Total (grams)</b>	<b>555</b>	<b>Total (grams)</b>	<b>210</b>	<b>Total (miligrams)</b>	<b>3028</b>	
<b>Percent / 5 Days</b>	<b>79%</b>	<b>Percent / 5 Days</b>	<b>140%</b>	<b>Percent / 5 Days</b>	<b>38%</b>	

