



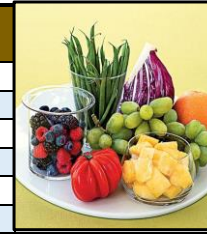
MUIDS NUTRITION CALCULATOR

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.




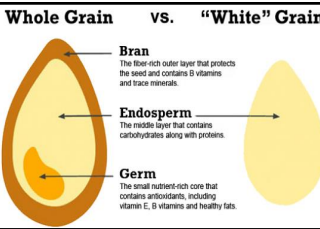

Developed by Dan Simonds for use at Mahidol University International Demonstration School

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



Section 2: Whole fruit and 100% Fruit Juice	Fruit (Total)	Whole Fruit	100% Fruit Juice	About: Fruits and Vegetables
Monday	3	3		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	2	2		
Wednesday	2	2		
Thursday	2	2		
Friday	1	1	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	2	1	1			1	
Tuesday	2	1	1				1
Wednesday	1		1				
Thursday	2	2					
Friday	1			1			

Section 4: Grains and Starches	Whole Grains (Total)	Refined Grains (Total)	Potatoes (Total)	Whole Grain vs. "White" Grain			
Monday	2						
Tuesday	1						
Wednesday		1					
Thursday	2						
Friday		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	1	1				
Wednesday						1
Thursday	1	1				
Friday	1	1				

Section 6: Dairy	Milk (Total)	Cheese (Total)	Yogurt Unsweetened (Total)	Yogurt Sweetened (Total)	About: Dairy
Monday	2				<p>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.</p>
Tuesday	1				
Wednesday	1		1		
Thursday	1				
Friday					

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			1				
Tuesday							2
Wednesday							
Thursday						0.25	
Friday	1					0.5	

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



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

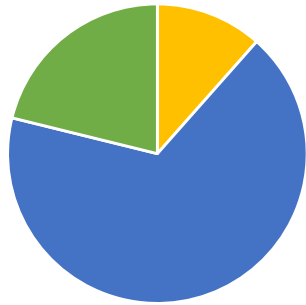
The Good	Complex Carbohydrates	33%	Most of these are considered beneficial to have in high quantities. Vitamins, minerals, carbohydrates, fats, protein and fiber are essential for your body to function. Being above 100% is not a problem for any of these categories. However, too much protein can be bad for your kidneys. Try to keep your levels closer to 100% than 200%, unless you do a lot of strength training.
	Protein	245%	
	Fiber	97%	
	Vitamins	99%	
	Minerals	57%	
	Good Fats	70%	
Be Careful	Bad Fats	13%	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	45%	
	Simple Carbohydrates	36%	
	Refined Sugar	69%	
	Sodium	44%	
	Animal Protein (as a % of total protein)	73%	

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	36	Vegetables	60	Vegetables	12	99%
Nuts & Seeds	56	Nuts & Seeds	72	Nuts & Seeds	88	
Whole Grains	15	Whole Grains	225	Whole Grains	25	Minerals
Whole Fruit	30	Whole Fruit	130	Beans	0	57%
Beans	0	Beans	0	Mushrooms	0	
Fruit Juice	1	Mushrooms	0	Processed Grains	18	Good Fats
Mushrooms	0	Coconut	13	Coconuts	5	70%
Processed Grain	3	Tofu	0	Potatoes	0	
Coconut	5			Tofu	0	
Potato	0			Savory Snack	0	
Tofu	0			Meat (B / P / C)	240	
				Meat (Fish)	100	
				Milk	40	
				Cheese	0	
				Yogurt	12	
Total (grams)	146	Total (grams)	500	Total (grams)	540	
Percent / 5 Days	97%	Percent / 5 Days	33%	Percent / 5 Days	245%	

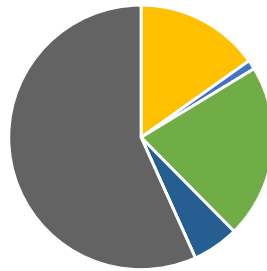
Source of Simple Carbohydrates	Simple Carbohydrates (grams)	Source of Refined Sugar	Refined Sugar (grams)	Source of Sodium	Sodium (milligrams)	Animal Protein (Percent of Total Protein)
Fruit Juice	50	Chocolate	0	Chocolate	0	73%
Sweet Snacks	80	Ice-Cream	0	Ice-cream	0	
Sweet Drinks	30	Sweetened Yogurt	0	Cheese	0	Bad Fats
Processed Grains	90	Sauces	12	Milk	535	13%
Potatoes	0	Sweet Snacks	70	Yogurt (all)	40	
Savory Snacks	0	Sweetened Drinks	22	Sauces	750	LDL (Bad) Cholesterol
Chocolate	0			Sweet Snacks	200	45%
Ice-cream	0			Savory Snacks	0	
				Broth	2000	
Total (grams)	250	Total (grams)	104	Total (milligrams)	3525	
Percent / 5 Days	36%	Percent / 5 Days	69%	Percent / 5 Days	44%	

Your Sources of Refined Sugar



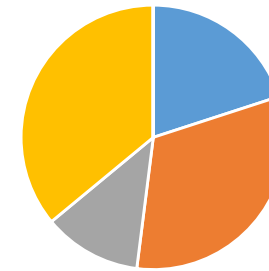
- Chocolate
- Ice-Cream
- Sweetened Yogurt
- Sauces
- Sweet Snacks
- Sweetened Drinks

Your Sources of Sodium



- Chocolate
- Ice-cream
- Cheese
- Milk
- Yogurt (all)
- Sauces
- Sweet Snacks
- Savory Snacks
- Broth

Your Sources of Simple Carbohydrates



- Fruit Juice
- Sweet Snacks
- Sweet Drinks
- Processed Grains
- Potatoes
- Savory Snacks
- Chocolate
- Ice-cream

