

Thanksgiving Assignment

NUT 116AL

Due 12/3/14

The purpose of this assignment is to assist you in quickly estimating the CHO, protein, fat, and kcal content of a meal or a diet by using the Exchange List System.

If you are participating in a large, Thanksgiving meal over the holiday weekend, please use that meal for your calculations. If you are not participating in such a "feast" then you are to do this estimate based on someone's food intake for one entire day of the four-day school holiday.

If you have chosen option one, and have attended a feast, you should record the intake of one participant (this may be your own intake or that of another guest) at that meal. Record the foods as exchanges. For example, if 12 ounces of dark meat turkey were eaten, you should record it as 12 medium-fat meat exchanges. After all the foods have been recorded, list the grams of CHO, protein, and fat beside the item, using the form on the following page.

Food Eaten (list foods on separate lines)	Serving Size	Type of Exch.	Number of Exch.	CHO gm	Pro gm	Fat gm
Ex: turkey, dark meat, no skin	12 oz	Med fat Meat	12	0	84	60

You may use additional pages if required. When you have listed all of the foods for that meal, total the grams of CHO, protein, and fat, multiply by the kcal per gram for each macronutrient, and then add these numbers to find the total number of kcal for the meal. Be sure to include all the extras like cranberry sauce, gravy, butter or margarine, etc. that were eaten. Don't forget to include beverages (wine, cider, coffee, water, etc.).

If you are not participating in a feast, then you should perform this same set of calculations on your diet or that of some other person that you are with for an entire day. In this case, an entire day's worth of food intake must be observed and recorded.

Please note that if you do these calculations on your own diet, the foods you ate will not be evaluated when these papers are being graded. In fact, we do not even want to know whose intake was observed. You should be very honest when reporting these foods so that you gain a real experience in this method of dietary evaluation. You may use more than one page to record the foods eaten if required.

Refer to the *Exchange Lists for Weight Management* in NCE p 374 or NTP p A-109.

This assignment is worth 15 points and **must be typed**.

Last Name _____ First Name _____ Section ____

Thanksgiving Assignment

Thanksgiving "Feast"

One-day Food Record

Food Eaten (list foods on separate lines)	Serving Size	Type of Exch.	Number of Exch.	CHO gm	Pro gm	Fat gm
Ex: turkey, dark meat, no skin	12 oz	Med fat Meat	12	0	84	60
bluberry Pie	2 oz.	Starch and Fat	2	45	0	10
Ornage juice	12 oz.	Simple sugars	12	22.5	0	0
Mashed Potatoes	4 oz.	Starch	4	15	3	1
Filet fish, cooked	5 oz.	Lean protein	5	0	35	10
Sweet Potato	4 oz.	Starch	4	15	3	1
Mixed Vegetables	8 oz.	Vegetable	8	10	4	0
Pepsi soda	12 oz.	Simple sugars	12	22.5	0	0
ice cream	2 oz.	Starch	2	7.5	0	5
Rice, steamed	8 oz.	Starch	8	45	9	3
Total grams				1667.5		
				5	54	30
				X4	X4	X9
kcal from each macronutrient				6670	216	270
TOTAL KCAL				7156		
% kcals for each macronutrient:				93%	3.01%	3.8%