



Determining Healthy Food Options

Module Prototype #2

Daily Food Diary on MyNetDiary	Diary Foods Nutritional Value	A Healthy Food Choice	Daily Food Intake Ratio
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An Introduction | Module 2



Greetings Students!

My name is Green S. Apple, but my friends call me GSA for short. At this time, I'd like to take a quick moment and welcome you to a place my friends and I call the Healthy Fitness Basket. Our goal for this module is to assist you in taking the important first steps toward healthy food options. We know how difficult this process can be especially with the amount of yummy high calorie foods that are available in your grocery stores and fast food restaurants.

However, as we all know, it's not just about food. In order to live a long life in a healthy manner, you need to be active and keep your weight under control. The most ideal and effective way to be fit and well as one ages is through a combination of healthy eating, dietary monitoring, and physical activity.



This instructional lesson will give you a helping hand on how to determine healthy food options with the use of the MyNetDiary application for Apple's iOS devices (iTouch, iPhone, iPad). We really like this tool. It's very easy to use and it helps a nice round apple like myself get a good deal of control over my eating habits and lifestyle fitness goals.

Now, by this point you should have already been introduced to the MyNetDiary application on the iPad prior to the start of this lesson. Before we get this scale bouncing, we'd like to see how much you know about healthy food options. The following is a short pre-test and feedback key. This will give our basket crew an idea of where you're at prior to the lesson.



Without further ado, let's get this basket moving!





Pre-Test

1. Which statement best defines the appearance of the Daily Food Diary? The Daily Food Diary has...

- A. website links to articles on diet, nutrition, and fitness
- B. data fields where you can set target weight and weekly target rate
- C. a graphical line chart depicting weight and nutritional progress
- D. rows and columns listing different foods consumed throughout the day

2. Which statement best defines the Nutritional Food Label? The nutritional food label reflects...

- A. input fields for account authentication
- B. total calories and daily percentage value of food items per serving
- C. an entire list of nutrients that can be tracked
- D. calories and nutrients needed based on height, gender, and activity level

3. Which statement best defines a healthy food choice? A healthy food choice has...

- A. a MyNetDiary food score of less than 0
- B. a per serving value of more than 500 calories
- C. more than a third of the total per serving calories allocated to fat
- D. very low fat, cholesterol, sodium, and carbohydrate values

4. Which statement best defines a healthy daily food intake ratio? A healthy daily food intake ratio has...

- A. 32% calories from fats, 51% calories from carbs, 26% calories from proteins
- B. 50% less calories than the recommended daily food intake
- C. 62% calories from fat, 49% calories from carbs, 28% calories from proteins
- D. 50% more calories than the recommended daily food intake



Pre-Test Key and Feedback

1	Incorrect	This more accurately describes the MyNetDiary Library module.
	Incorrect	This more accurately describes the Target Plan module.
	Incorrect	This more accurately describes the Progress Chart module.
	Correct!	<i>This best defines the appearance of the Daily Food Diary.</i>

2	Incorrect	This more accurately describes the 'MyNetDiary' Sign-In dialog box.
	Correct!	<i>This best defines the 'Nutritional Food Label'.</i>
	Incorrect	This more accurately describes the Progress Chart module.
	Incorrect	This more accurately describes the 'Personal Information' dialog box.

3	Incorrect	This more accurately describes a food choice with no nutritional value.
	Incorrect	This more accurately describes a food choice with too many total calories per serving.
	Incorrect	This more accurately describes a food choice with too many calories from fats.
	Correct!	<i>This best describes a healthy food choice.</i>

4	Correct!	<i>This best defines a healthy daily food intake ratio.</i>
	Incorrect	This more accurately defines an intake ratio with too many calories.
	Incorrect	This more accurately defines an intake ratio with too much fat.
	Incorrect	This more accurately defines an intake ratio with deficient calories.

So, how'd you do? We're guessing you did a fantastic job! Let's get started!





Skill 1 | Identify Daily Food Diary on MyNetDiary

Within this **Skill 1** section, we will show you how to identify the Daily Food Diary in the MyNetDiary app. While there are different modules within this iPad application, there is only one **Daily Food Diary** section. This makes it somewhat easy don't you think? We think so too. As we ripen with age, the less bumps and bruises we receive the better for us right!?!

Do You Know...



- that a daily food consumption diary can assist you in developing a **weight loss and management** plan?
- that the **Daily Foods** module within the MyNetDiary app has a vast library of caloric values for fast food items?
- that sometimes I think this scale is broken!

Skill 1 | Objectives

- Shown a list of **tabular menus** in the MyNetDiary weight management application, you will be able to identify the Daily Food module section from the other modules.
- Using the **food menu list** in conjunction with the label analyzer, you will be able to differentiate the difference between a **healthy menu** and **one that is not healthy**.
- Navigating the interface of my MyNetDiary, you will be able to identify the different **food components** and their associated **caloric values**.
- You will be able to identify the **blank areas** within the Daily Food module that are sectioned into the different **meal times for the day** (breakfast, lunch, dinner, and snacks).

Within the MyNetDiary weight management app there are six (6) *tabs located at the top of the screen*. The "Daily Foods" module is the *2nd tab* from the left. You can identify the *Daily Foods* module by the tabular interface with numerous rows and columns listing different content aspects of consumed foods eaten throughout the day. There is a section for foods eaten during *breakfast, lunch, dinner, and snacks*.

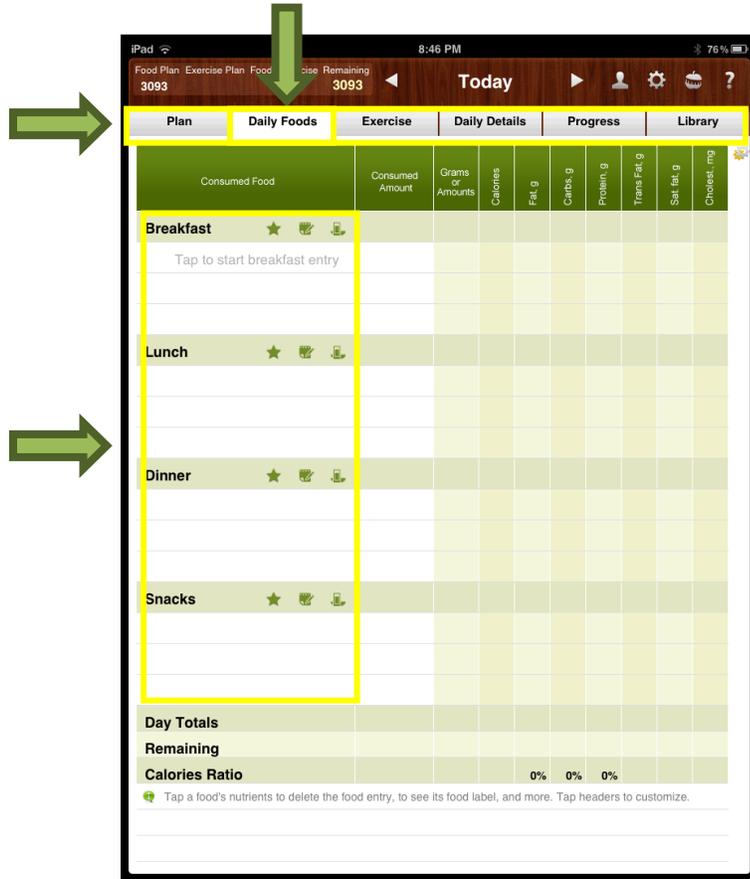


Fig 1A | Correct Example

In addition to creating an itemized list of foods eaten throughout the day, the Daily Food Diary module also *calculates the caloric values* associated with each food item. This provides you with the *ability to contrast* total calories consumed against calories remaining. Within this module, students are also *able to view* each item's nutritional food label.

The following tabs within the MyNetDiary app are non-examples. Figure 1B is the **Plan** module; Figure 1C is the **Library** module; and Figure 1D is the **Progress** module.

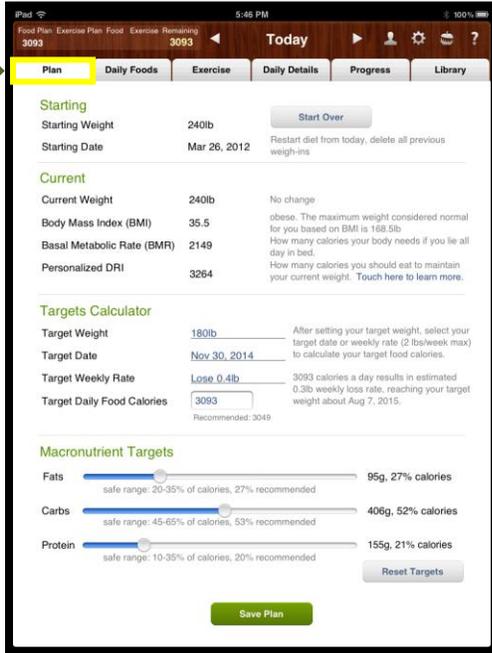


Fig 1B | Incorrect Example

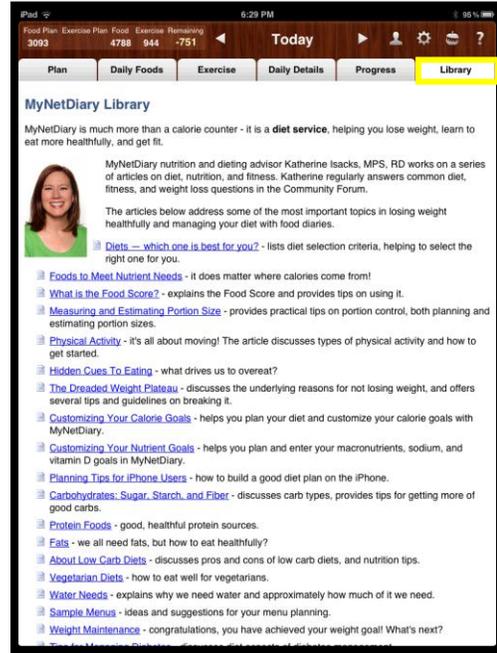


Fig 1C | Incorrect Example

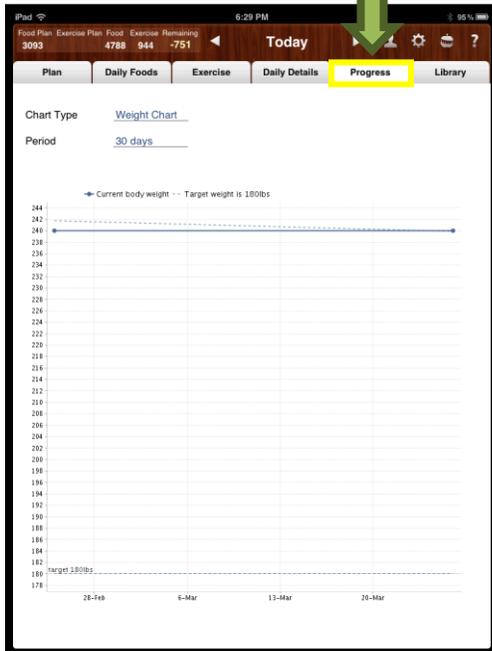


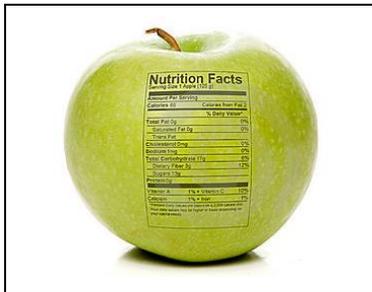
Fig 1D | Incorrect Example



So, what do you think so far? Not too bad right? That's good! At this time, I'd like to introduce you to a friend of mine. He'll take you through **Skill 2**. He's our nutritional value expert. Have fun!

Hi there folks! My name is Straw T. Berry. It's my pleasure to meet you. In the next skills section we're gonna talk about nutritional values. Hop on the scale and let's get measuring!





Skill 2 | Analyze Dairy Foods Nutritional Value

Within this **Skill 2** section, we will show you how to analyze a food's nutritional value with the **nutritional fact label** within the MyNetDiary app. While this fact label is printed on nearly every food product sitting on the shelves at your local grocery store and on select fast food menus across the country, it's a fact that many people don't know how to read it, much less understand it.

Do You Know...



- how much calories you consume on a daily basis?
- that the nutritional facts label is a **standardized labeling system** regulated by the U.S. Food and Drug Administration?
- that using the **nutritional facts label** will allow you to make better eating decisions?

Skill 2 | Objectives

- You will be able to use the application to identify the different components and sections of a nutritional label to make informed selections.
- You will be able to identify what types of foods require nutritional label and which ones do not.
- You will be able to navigate a nutritional label and use it in conjunction with the menu planner within the application to record the results.

Beneath the **Daily Foods** tab within the MyNetDiary weight management app there is a **Consumed Food** column that provides quick access to a variety of different food items. Once you have entered a food item under the consumed foods column, select the associated field below the **Grams or Amounts** column. A window will give you the option of displaying the nutritional facts label, which supplies a breakdown that helps you limit or increase specific nutrients in your diet. If the **% Daily Value** is less than **5%** the food nutrient is considered low. If the **% Daily Value** is above **20%**, the food nutrient is considered high.

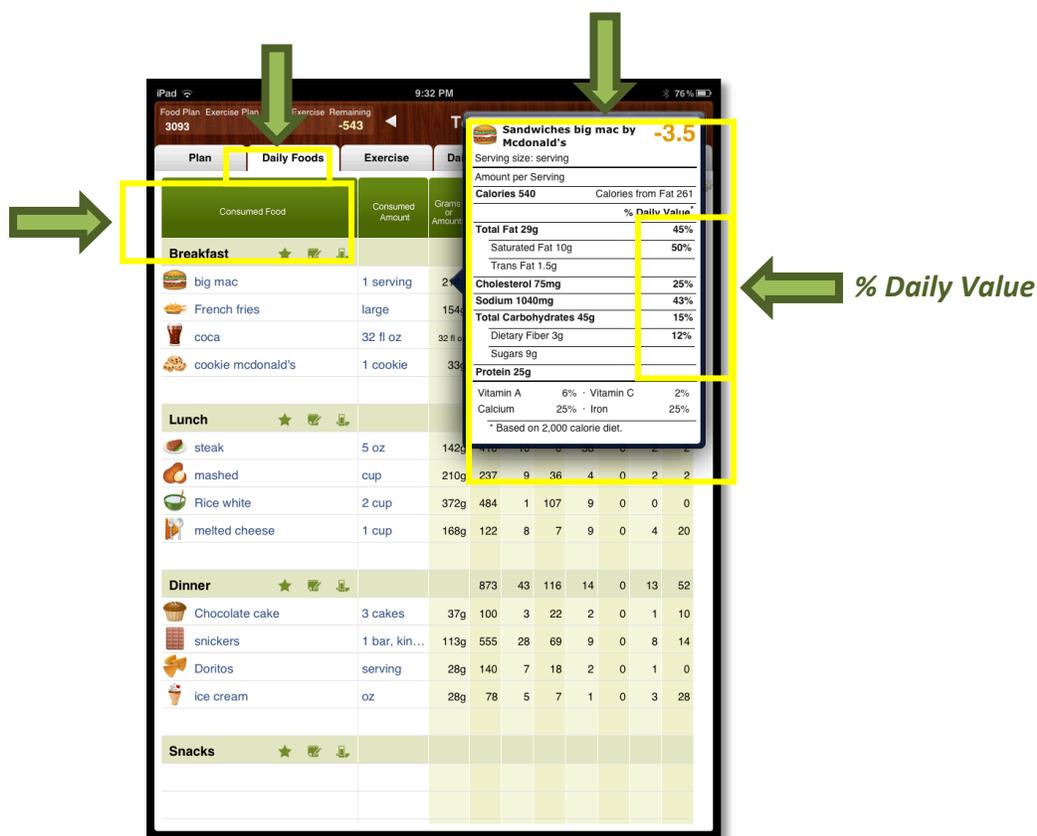


Fig 2A | Correct Example

The **Reference Daily Intake (RDI) values** provided within each label also provides a listing of dietary facts that will inform you of the nutritional breakdown based on a **2,000 calorie per day** diet. This dietary calorie per day amount will vary per individual depending on your height, weight, and gender.



The following are non-examples of the daily food module. Figure 2B is the **Select Nutrients to Track** module; Figure 2C is the **Personal Information** module; and Figure 2D is the **MyNetDiary Sign-In** module.

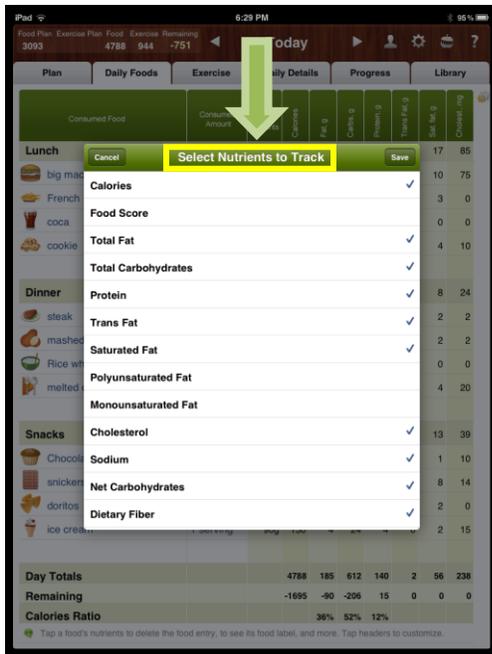


Fig 2B | Non-Example

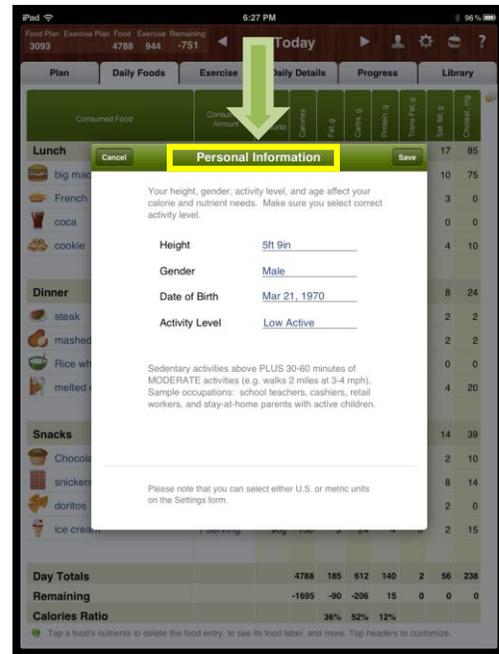


Fig 2C | Non-Example

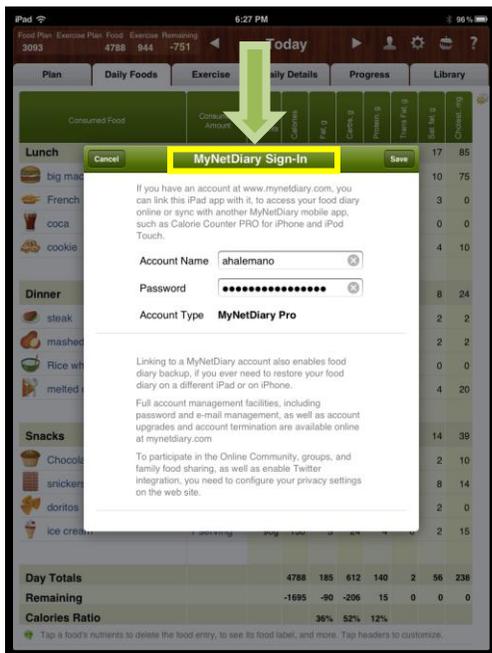
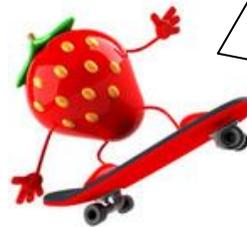


Fig 2D | Non-Example



Well, now that you know about nutritional values, and how to correctly read the nutritional facts label, lets hand you over to my friend Peel. He'll take you through Skill 3. He's our food choice monitor.

Hello there! My name is Peel D. Banana. Are you ready for Skill 3? I sure am. In this section, we're gonna talk about food choices and the need to identify healthy foods from non-healthy foods.





Skill 3 | Identify A Healthy Food Choice

Within this **Skill 3** section, you will learn how to identify a healthy food choice example from a non-healthy food choice. As you might have already guessed, this process isn't that difficult. Most of us already know that foods such as fruits and vegetables are excellent food choices. Comparing these healthy food choices to unhealthy food choices such as sodas, cake, and potato chips is pretty easy. Knowing the effects of each is the overall difference.

Do You Know...



- that healthy food choices can greatly aid in reducing the risk of having a heart attack?
- that healthy food choices can increase metabolic rate, which helps weight reduction?
- that healthy food choices can lead to a healthy active lifestyle?
- that unhealthy food choices can lead to obesity?

Skill 3 | Objectives

- Given a blank diary template within the application, you will be able to record different foods that you consume on a daily basis.
- Within the MyNetDiary application, you will identify a diet menu, which consists of both healthy and unhealthy food choices.

Within the **Daily Foods** module there are columns that indicate the individual values for fat, carbohydrates, protein, trans fat, etc . If you touch on any one of the values for any one of these items, the nutritional



values for each food item will pop up with a **MyNetDiary Score**. In Figure 3A below, the value **2.6** indicates a healthy food choice. Any food scores above "0" is healthy and scores below this threshold is deemed unhealthy.

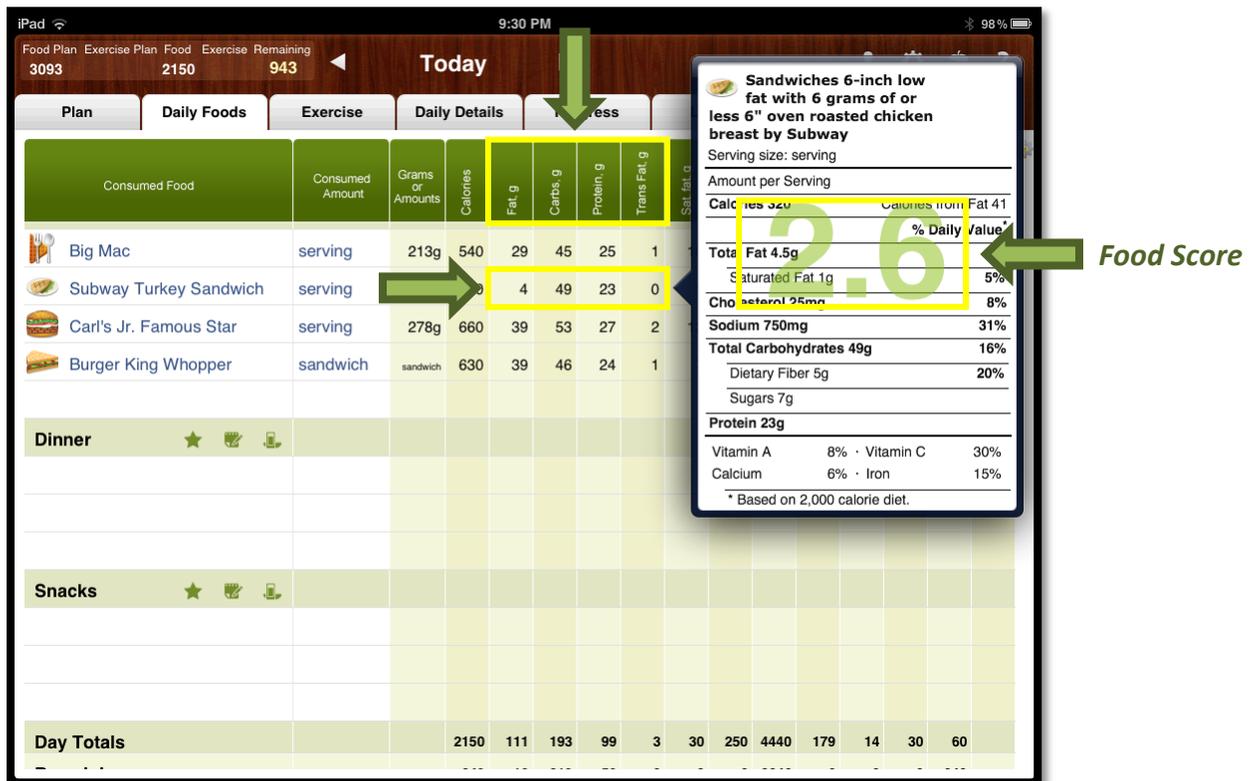


Fig 3A | Correct Example



The following are non-examples of the daily food module. Figure 3B illustrates a unhealthy food choice with a **-4.8** score; figure 3C illustrates an unhealthy food choice with a **-6.8** score; and Figure 3D illustrates an unhealthy food choice with a **-5** score.

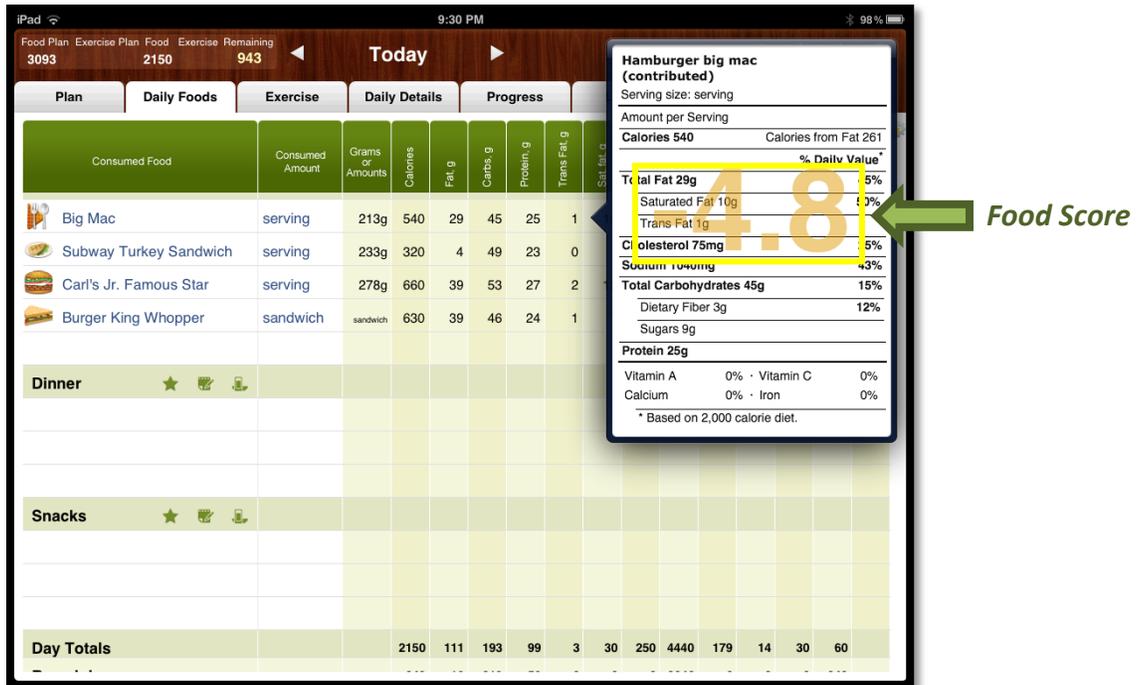


Fig 3B | Incorrect Example

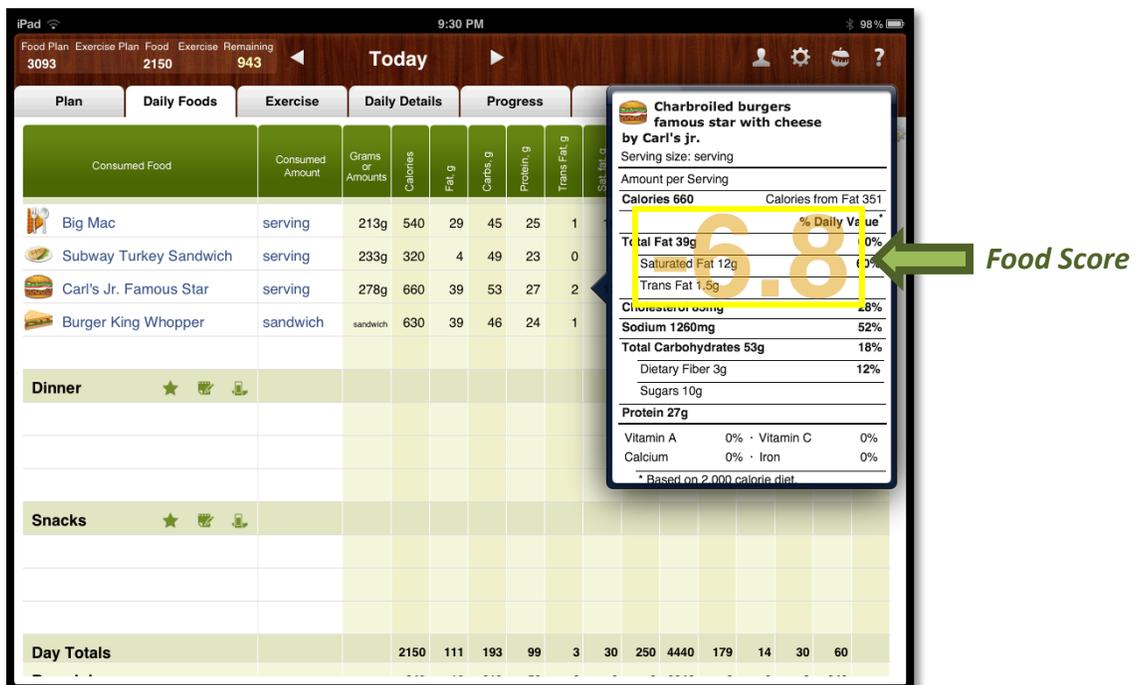


Fig 3C | Incorrect Example

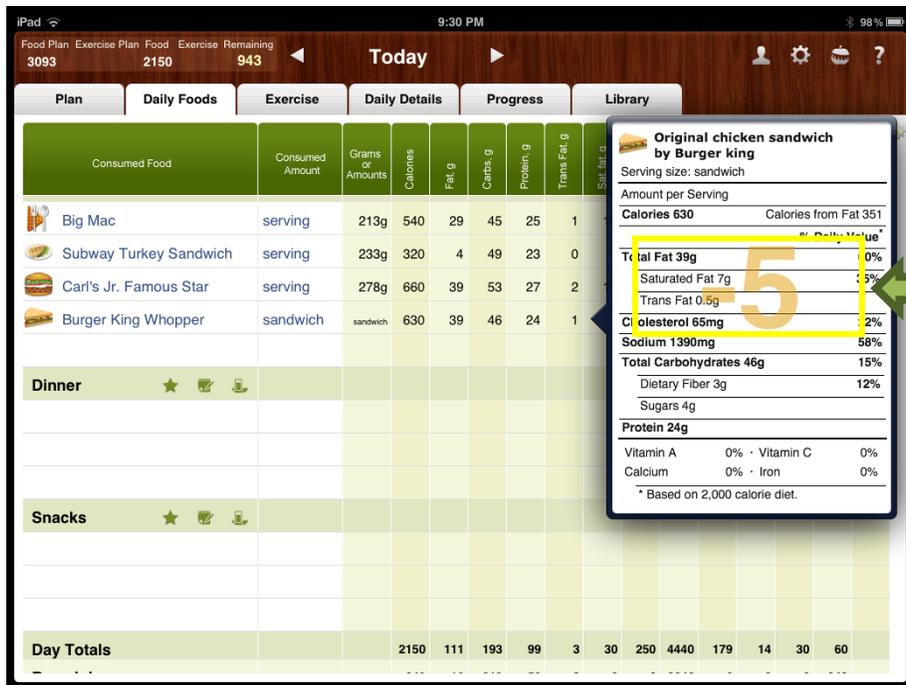


Fig 3D | Incorrect Example

If you notice from the non-examples above, sandwiches such as the Big Mac from McDonald's, the Famous Star from Carl's Jr., and the Whopper from Burger King, all fall well below the "0" threshold. The fat grams per sandwich have seven times more than the Turkey sandwich from Subway.



Well alrighty then! I suspect your starting to get the hang of this thing. Before we wrap things up, I'd like to introduce you to a good friend of mine. She'll take you through Skill 4. Take it away Orangina!

Thank you Peel! Why hello there! It's good to be here and I'm excited to take you through the last segment of this lesson. In this 4th and final section, we will talk about the importance of daily food intake ratios and how it aids in determining healthy food options.





Skill 4 | Analyze Daily Food Intake Ratio

Within this **Skill 4** section, you will learn how to analyze and select the recommended daily food intake ratio of fats, carbohydrates, and proteins for a healthy weight loss management plan. Doing this is not as difficult as it sounds. The formula is pretty simple and makes for easy calculation.

According to the MyNetDiary app, a daily food intake ratio consists of **20-35%** calories from fat, **45-65%** calories from carbohydrates, and **10-35%** calories from proteins. Consumption of calories outside the recommended target range for fats, carbs, and proteins is deemed unsafe and not conducive toward a healthy weight management plan.

Do You Know...



- what your daily fat, carbohydrate, and protein calorie intake is?
- what the recommended safe range is for daily calorie intake?
- that monitoring your food intake ratio is not difficult to do?

Skill 4 | Objectives

- You will demonstrate how to use the application to track caloric intake versus caloric expenditure.
- You will be able to select foods that are within the recommended safe range for daily caloric intake.

Within the *Daily Foods* module there is a *Calories Ratio* row that displays the percentage totals for fats, carbohydrates, and proteins. Other *aggregated daily totals* of nutritional value for each food item are also listed at the bottom of the page.

Activity also plays an important part in weight management. The amount of calories consumed weighs heavily on the amount of physical exercise an individual does on a regular basis. While fats and carbohydrates are not good for sedentary individuals, certain types of fats and carbs are excellent sources of energy for individuals who are highly active.

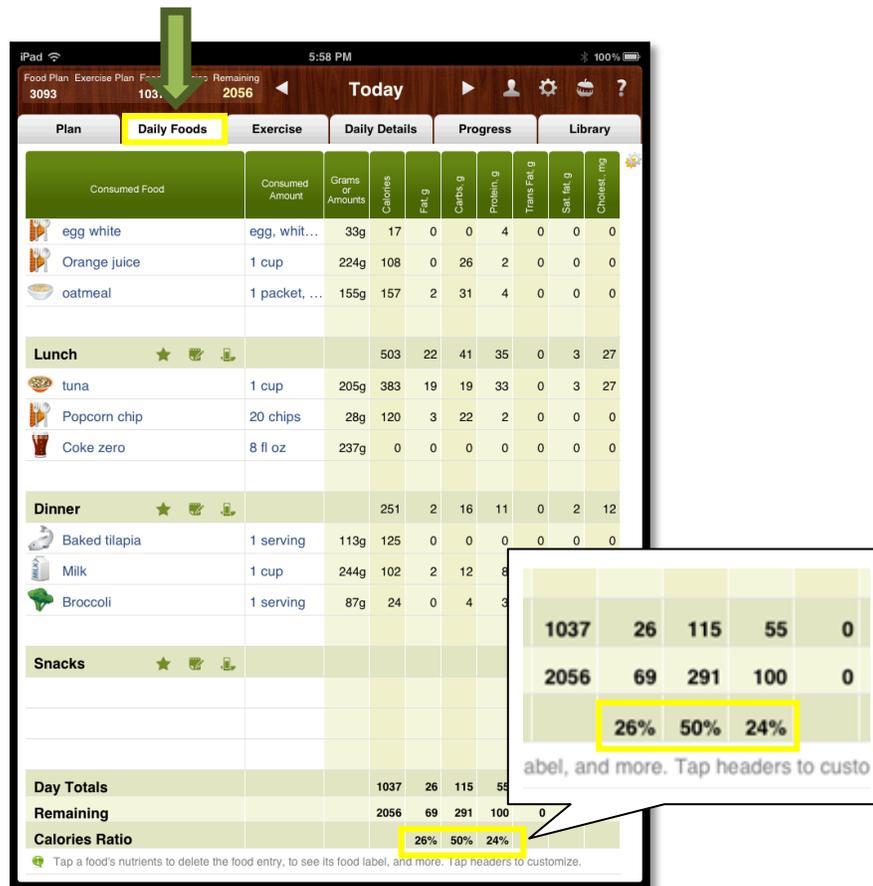


Fig 4A | Correct Example

The following are non-examples of the daily food module. In each of the three non-example cases, the **Calories Ratio** percentage scores are outside the target range for fats, carbohydrates, and/or proteins.



Fig 4B | Incorrect Example

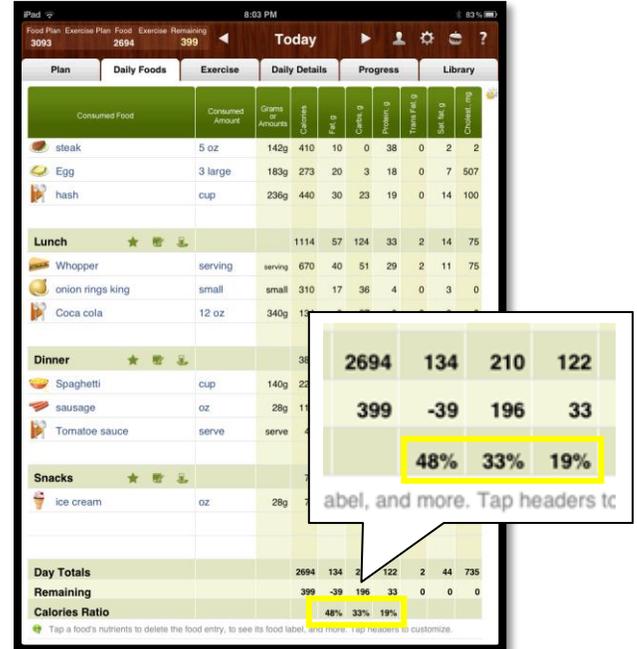


Fig 4C | Incorrect Example

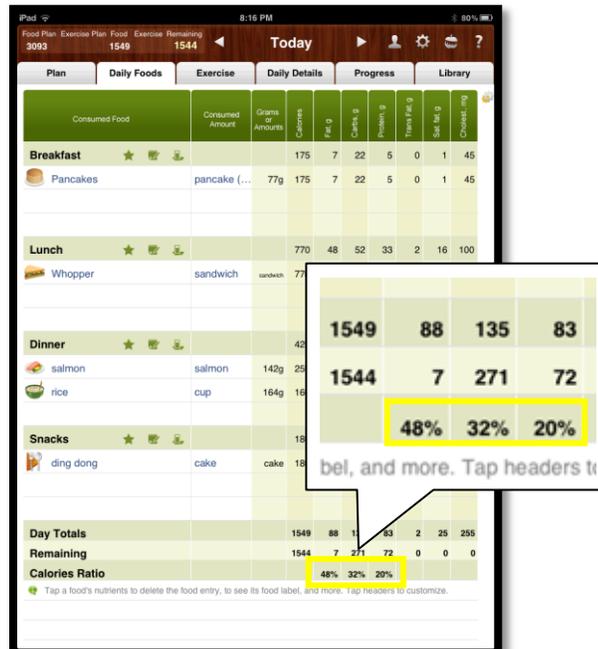


Fig 4D | Incorrect Example



Post Test

1. A Daily Food Diary is best described as a...

- A. tabular interface that calculates the nutritional value of food items
- B. module with a bunch of nutritional website links
- C. way to view nutritional progress via graphical line charts
- D. place to set weight management targets

2. The Nutritional Food Label is best defined as a...

- A. checklist which allow you to select which nutrients you want to track
- B. list of information which is used to calculate your recommended daily food intake
- C. sign in screen which allows you to use the MyNetDiary app
- D. detailed nutritional information which make it easier for you to choose healthy foods

3. Nutritional values in healthy foods are best described as...

- A. foods with MyNetDiary food scores above "0"
- B. foods with high sodium, fat, carbohydrate, and cholesterol values
- C. foods with a per serving value of more than 550 calories
- D. foods with a "calories from fat" value that exceeds 30% of the total per serving calories

4. A healthy daily food intake ratio is best described as a diet comprised of...

- A. 38% calories from fats, 16% calories from carbohydrates, 3% calories from proteins
- B. 48% calories from fats, 33% calories from carbohydrates, 42% calories from proteins
- C. 28% calories from fats, 53% calories from carbohydrates, 19% calories from proteins
- D. 65% less calories than the recommended daily food intake



Post Test Key and Feedback

1	Correct!	<i>This best defines the appearance of the Daily Food Diary</i>
	Incorrect	This more accurately describes the MyNetDiary Library module.
	Incorrect	This more accurately describes the Progress Chart module.
	Incorrect	This more accurately describes the Target Plan module.

2	Incorrect	This more accurately describes the 'Select Nutrients to Track' dialog box
	Incorrect	This more accurately describes the 'Personal Information' dialog box.
	Incorrect	This more accurately describes the 'MyNetDiary' Sign-In dialog box.
	Correct!	<i>This best defines the Nutritional Food Label</i>

3	Correct!	<i>This best describes a healthy food choice.</i>
	Incorrect	This more accurately describes a food choice with poor nutritional value.
	Incorrect	This more accurately describes a food choice with too many calories per serving.
	Incorrect	This more accurately describes a food choice with too many calories from fats.

4	Incorrect	This more accurately defines an intake ratio with not enough calories from proteins.
	Incorrect	This more accurately defines an intake ratio with too much calories from fats.
	Correct!	<i>This best defines a healthy daily food intake ratio.</i>
	Incorrect	This more accurately defines an intake ratio with deficient calories.

Congratulations!

In this module, you had an opportunity to learn a few fundamentals on how to determine healthy food options with the use of the MyNetDiary app.

We hope that the information presented will assist you in living life in a much healthier manner in terms of being fit using healthy eating, dietary monitoring, and physical activity as your fitness and wellness foundation.

In the next module, you will learn how to determine quality exercise regimens that will further assist you in your goal toward developing a weight management plan that is ideal for you.

