

>> Okay. We're back. We are in part two of how to do the NutritionCalc assignment. We already did the bar graph in part one. So we're on to the next graph we need for this assignment, which is the single nutrient. We click on that. And remember, you are going to scroll down, check the three days or however many days that you did. Scroll all the way to the bottom. And then you will see here PDF, which is what you want. And you click view report. Before you do that, on this single nutrient, what this is going to do is list out all the food you ate for the three days. And right now, it's choosing calories, meanings it's going to list them in the order of which food has the most calories. We're not really talking about calories in this assignment. So if let's say you went over on saturated fat, you want to know which foods had so much saturated fat, click that and then click view report. And now, again, we didn't put too many foods in, so your list is going to be way larger than this. But you can see that the fried eggs, the hamburger had the most saturated fat. And then you just save this report. But let me show you another one. A lot of people are – have over on sodium. So let's put sodium. You only need to pick one. So pick one that interests you. And you can see here, again, the hamburger and the egg had the most sodium. Now, by the way, you want this as PDF. You want to save this to your computer. If you go up here – let me move this up here – to your upper-right screen, if nothing shows just move your cursor up here. And you'll see this means for printing. This is to download. If you click that – and you may have your other ways of saving documents, but this is how I do it – and then this box will show up. You scroll up to documents. And then it's called single nutrient, so I'm going to save it. And now it's going to be saved to your documents or you can save it to wherever you like. Okay. Now, that's all you need to do for this particular graph. Kind of move this thing up. So the next graph – that's easy, you just have to submit that graph. The next graph we're going to do is called the macronutrient graph. So we did the bar graph, the single nutrient, the macronutrient. Click on that. Again, you're going to scroll – you know, click your three days that you entered food, scroll all to the bottom, PDF. Click view report. Again, this is going to be the average of the three days. The average of the three days. Again, make sure you have three days up here or more. This graph, you're going to get most of your information for the questions. There's a number of questions on carbs, fats, and proteins. So for protein, this person averaged 16% of their calories per day – 16% was protein. Is that good or not? The question is: Is that good for your activity level? If you remember from chapter six, you want protein to be in the range of 10% to 35% of your day's calories. The range being – well, depending on what you do. If you are a body builder or a football player, you need the higher end – 30%, 35%. If you're weight – no, you're lifting weights every day, trying to build muscle, and you're at 10% or 15%, you're not going to have enough protein to build the muscle. But if you're a couch potato and you're getting 30%, that extra fat – that extra protein is not being needed to build muscle tissue, it's going to turn to fat. So the question is: Was your amount good for your activity level? And you're going to have to state yes, it was/no, it wasn't. Because, you know, I'm a body builder and it's too low. I need to eat more

food like chicken and fish. Or no, I had too much. I need to cut back on the hamburgers and hotdogs. Now, the next one is carbs. If you remember from chapter four, the range should be 45% to 65% of your day's calories coming from carbs, the healthiest being fruits and vegetables and then some whole grains. But the chips, and bread, and pasta, and rice, and cookies, and crackers, and cakes, and candy, and soda, you know, those are the unhealthy part. So, again, the range – 45% to 65% – depends on your activity level. If you are very active in your day, you work out a lot, you're an athlete, you want about 50%, 55% – or a body builder. If you're, again, very sedentary, you sit at a desk all day or at home, you want 45% or even less. They're saying if you're overweight or diabetic, 45% at the very most and even less would be ideal, okay? The new research is showing the lower the carbs, the better. Keep the carbs – fruits and vegetables, yes, eat that. But you want cut out the rice, the pasta, the bread, things like that. Okay, saturated fat, 7%, that's wonderful. The American Heart Association would like it under 7% to 10%. So that is good. If you are over, find out which foods have saturated fat. You can run a single nutrient graph and see. But, you know, saturated fat comes from animal products. So if you are over, you want to limit things like whatever you ate from animal products, whether it was the cheese, or hamburgers, or hotdogs, steak, things like that. The monounsaturated fat, as you recall from chapter five, is the healthy fat. You want at least 10%, at least 10%. This is a heart-healthy fat. Helps to rise your HDL, the good cholesterol, helps to lower the unhealthy LDL cholesterol that lays plaque on your arteries. Monounsaturated fat is in high amounts in olive oil and olive, avocados, and nuts. Okay? So if you're under 10%, you want to increase those foods. Vegetable oil, by the way, is not a part of this assignment, would be the polyunsaturated fat – you don't want too much of those. Trans fats, of course, you don't want that. Hydrogenated oils found in processed foods and fried foods. Then you come to the bottom, there's a question, how many servings of fruits and vegetables did you get per day? You want at least two servings of fruits, three of vegetables. This person didn't even get one serving per day of either. Why do you want that? Fruits and vegetables are the key to health. They contain – they're loaded with vitamins and minerals and antioxidants, lots of fiber, helps prevent all diseases. The more the fruits and vegetables you can get, the better. Then there's a question on the potassium-sodium ratio. Potassium – if you learned from chapter nine, potassium helps lower blood pressure; sodium raises blood pressure. Potassium is found in fruits and vegetables; sodium is found in processed foods. You know, if you eat out, the restaurant foods, fast foods are loaded with sodium. It's tasty, it helps preserve the food. If you eat anything in a box or a can or a bag, it's going to have sodium. You want the RDA for potassium 4,700 milligrams a day; sodium 1,500 milligrams a day is all we need. So that's about 3-to-1 ratio, 3-to-1. Three times as much potassium relative to sodium for healthy blood pressure. This person got 1.5 or so to 1 – it's not good. They've got almost equal amounts of potassium to sodium. You want three times as much, so you would say my ratio was unhealthy. It should be 3-to-1. I need to increase foods with potassium such as fruits and vegetables, lower foods with sodium such as

the chips that I ate, something like that. The calcium-phosphorous ratio, again, from chapter nine, you need about 1,000 milligrams each a day. So that's about a 1-to-1 ratio. And that's for bone health. We need both for bone health. But if you get too much phosphorous relative to calcium, which many Americans do because phosphorous is in soda as phosphoric acid – if you drink a lot of soda or eat a lot of meat, have a lot of phosphorous, your ratio's going to be tipped where you have more phosphorous, less calcium. And that can cause bone loss or osteoporosis. So you would say no, my ratio was unhealthy. It should be 1-to-1, some say even 2-to-1. And I need to eat more foods with calcium, such as dark greens, broccoli, dairy, and less soda. So that's how you do those ratios. If you have questions, please do not hesitate to email me on that. And, again, you're going to use this graph, the macronutrients – you see the proteins, carbs, and fats. Do not use the bar graph. The bar graph gives a completely different picture of your intake of those nutrients, and you will lose a lot of points if you use that graph. Okay. So that is how you do – that's it for the NutritionCalc assignment. Oh, I think – did I not show you – let me go back to the bar graph – how to do the sugar question. I'm not sure I did it, so let's just go back. Bar graph. Sugar, if you remember from chapter four, you don't want too much sugar. The American Heart Association is saying tops 6 teaspoons a day for women and children, 9 teaspoons a day tops for men. Sugar, where is it? Total sugar is in grams. Now, if you remember, four grams – four grams – is one teaspoon. So this person averaged per day 15 grams per day. This person got 15 grams per day. You divide that 4, it's roughly 4 teaspoons, right? So you're good. But if you were at 40 grams per day, divide that by 4, that's 10 teaspoons. Now you would be over. So that's how you figure that out. Okay. In the next video I'm going to show you how to submit your assignments in Canvas.