

# UNITED STATES

## Section 1 – Background

The first paragraph should be general background information about the country and how they eat. So here I could write that there are typically three meals a day that are called breakfast, lunch, and dinner. You can talk about manners when it comes to dining, utensils, unique eating habits, or anything else that has to do with what and how they eat.

Then you include a typical day menu. Some people picked large countries, or countries with different regions. If this is the case mention what region you are using. Here is an example of what this section should include:

*Menu:*

**Breakfast**

- Bojangles’ egg and cheese biscuit
- Coffee (no cream or sugar)

**Lunch**

- Ham and swiss cheese sandwich on white bread with mayonnaise
- Snickers

**Dinner**

- Pasta with marinara sauce and parmesan cheese
- Coke

Chart of dietary information:

Use a database online to find this information

|                            | Calories | Fat                                  | Sodium | Carbs | Fib | Sugar | Prot | Chol  | Vit A | Calc | Vit C | Iron |
|----------------------------|----------|--------------------------------------|--------|-------|-----|-------|------|-------|-------|------|-------|------|
| Egg and Cheese Biscuit     | 515      | Total – 34g<br>Sat – 19g<br>Trans 0g | 1100mg | 35g   | n/a | 6g    | 17g  | 195mg | n/a   | n/a  | n/a   | n/a  |
| Coffee (no cream or sugar) | 0        | 0                                    | 0      | 0     | 0   | 0     | 0    | 0     | 0     | 0    | 0     | 0    |
| Ham (1 slice)              | 91       | Total – 5g<br>Sat – 2g<br>Trans 0g   | 730mg  | 2g    | 1g  | 0g    | 9g   | 32mg  | 0%    | 1%   | 4%    | 3%   |
| Cheese (1 slice)           | 106      | Total – 8g<br>Sat – 5g               | 54mg   | 2g    | 0g  | 0g    | 8g   | 26mg  | 22%   | 104% | 0%    | 1%   |

## Report Example

|                        |  |          |  |  |  |  |  |  |  |  |  |  |
|------------------------|--|----------|--|--|--|--|--|--|--|--|--|--|
|                        |  | Trans 0g |  |  |  |  |  |  |  |  |  |  |
| White bread (2 slices) |  |          |  |  |  |  |  |  |  |  |  |  |
| 1 tbsp mayo            |  |          |  |  |  |  |  |  |  |  |  |  |
| 1 cup angel hair pasta |  |          |  |  |  |  |  |  |  |  |  |  |
| ½ cup of marinara      |  |          |  |  |  |  |  |  |  |  |  |  |
| ¼ cup parmesan cheese  |  |          |  |  |  |  |  |  |  |  |  |  |
| 1 can of coke          |  |          |  |  |  |  |  |  |  |  |  |  |

### Section 2 - Daily intake

Use the age range of 19-30 and your gender

I believe ND means no data. You may find this under fat. Just put ND under RDI and do not put anything under difference. Your vitamins may be percent instead of g or mg which is fine. That percent is of the RDI. So if the recommended daily intake is 3,000ug of vitamin A, and cheese has 22% then your intake would be 22% of 3,000ug.  $(22/100) * 3000 = 660\text{ug}$

| Component            | RDI            | Intake from diet | Difference          |
|----------------------|----------------|------------------|---------------------|
| <b>Carbohydrates</b> | <b>130g</b>    | <b>121g</b>      | <b>9g under</b>     |
| <b>Vitamin A</b>     | <b>3,000ug</b> | <b>660ug</b>     | <b>2340ug under</b> |
|                      |                |                  |                     |
|                      |                |                  |                     |
|                      |                |                  |                     |
|                      |                |                  |                     |

### Section 3 - Diet Deficiencies

In this section you will evaluate your chart from section 2. Talk about what was over the RDI and what was under the RDI. Then evaluate what the side effects would be for the areas in which the diet is under the RDI. So I would look up what deficiencies are related to vitamin A since that was significantly under the RDI.

### Section 4 - United States vs. United States

Well I can't really do this section since comparing the US to the US doesn't work. What you should do is discuss the amount of food consumed in the country you chose and compare it to the average US citizen. If you do not think you eat like the average US citizen you may want to look this up. If you do not have a lot to write about you can discuss things like availability of food. Some countries do not have an abundance of things that we see everywhere in the US. You could also mention the cost of certain foods and how that impacts the availability.

### Section 5 - Long Term Health

This is where you are going to evaluate the long term effects of the country's diet. You will talk about the country as a whole in this case. There may be positive impacts on health and negative impacts. This section you will talk about deficiencies or health issues. Do different regions or different socio-economical classes have different health?

## Report Example

### **Section 6 – Nutritional Counseling**

What would you advocate for changes to this diet? Are these alternative foods sources readily available in this country?

If there are no changes, explain how you would counsel a typical American to adopt this diet.