

Extra Credit Assignment - Alternative to National Health Survey

If you cannot access the National Health Survey web site (<http://www.healthsurvey.org>) then use the following as the alternative to provide input data for your extra credit assignment on page 57 of the lab manual.

To calculate a response to question # 1 (kcal consumption), go to the “Diet Diary’s Menu Analyzer”

<http://www.thedietdiary.com/diet/nutrition/NutritionLog.html>

and enter your consumption information after carefully reading the instructions for what constitutes a portion size for each item. Click on Calculate and scroll down for the results. Enter this as the answer to #1. Please print out your consumption results to turn in with your assignment.

To calculate a response to question # 2 (kcal expenditure), go to “Dr. Squat’s Newsletter”

<http://www.drssquat.com/newsletters/features512-bmr.htm>

Follow the instructions on this page to calculate your BMR. Show these calculations on the back side of the assignment page. Then follow the instructions to calculate your total kcal expenditure, taking into account various. You will need to do an hour-by-hour calculation for this. Again, show your calculations on the back side of the assignment page. Then enter the final total as the answer to question #2.

Answer questions 2-4.

For question 5, critique the two web pages we used for this assignment.