Macromolecule Diet Analysis

Name_____

Write down what you typically eat and drink in 24 hours. Next, classify each as Carbohydrate, Lipid, and/or Protein.

Food/Drink	Carbohydrate (sugar or starch)	Lipid (fat or oil)	Protein (meat, dairy, eggs, beans)

*Now calculate the percent of your diet in the last 24 hours that came from each macromolecule.

1. Count up the total number of marks in the table.
2. Count up the total number of marks for each macromolecule and write them below.
3. Use this formula to calculate the percentage **(Macromolecule/total number of marks) X 100**

Total Number of Marks _____

Number of Carbohydrates _____ % of diet from Carbohydrates _____

Number of Lipids _____ % of diet from Lipids_____

Number of Proteins _____ % of diet from Proteins _____

**This is not an exact or detailed analysis, but it will help you start to see the proportions of each macromolecule in your diet.*

Diet Analysis Summary

Write a **2 paragraph summary** for this activity. The following questions are to guide you in writing your summary.

- *How does your diet compare to the recommended percentages? Explain.*
- *What area of your diet (macromolecules or specific foods) would you most like to improve?*
- *Why do you eat the way you do? Is it because it's convenient? Because it tastes good? You're on a diet? Give an explanation of why you eat the way you do.*
- *How willing are you to change your eating habits? Why or why not?*
- *Did the results of this activity surprise you?*
- *How do you plan to use this activity to improve your current health status?*