Assignment Goal

The goal of the Ideal Diet Plan assignment is for you to:

* design a one-day ideal diet plan that meets the goals you identified at the end of your Diet Analysis assignment,
* compare the results of your one-day ideal diet plan to your three-day typical diet,
* analyze whether your one-day ideal diet plan meets your previously stated goals,
* identify an unanticipated result of your one-day ideal diet plan, and
* write a report of your analysis.

*NOTE: The purpose of the assignment is to create a planned diet that meets your goals. Do NOT simply record another day of food you ate; the goal is to design a diet that meets your goals from the Diet Analysis assignment. The Diet Analysis assignment must be completed and submitted in order to submit the Ideal Diet Plan assignment.*

Designing a one-day ideal diet plan

Using MyFitnessPal

Free software called MyFitnessPal ([https://www.myfitnesspal.com (Links to an external site.)](https://www.myfitnesspal.com/)) is used to design your one-day ideal diet for this assignment. If needed, refer to the instructions in the Diet Analysis assignment on how to enter foods/beverages using MyFitnessPal software.

Compiling your data

* Record your average intake from your three-day typical diet (copy the average intake column from the table submitted as part of the Diet Analysis assignment)
* After entering your one-day ideal diet plan, record the One-Day Ideal Diet Intake data and the MyFitnessPal Daily Goal data in the table below.
	+ If needed, refer to the instructions in the Diet Analysis assignment on how to compile your data from the reports in MyFitnessPal.

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| Nutrient Data Table |
|  | **Three-Day Typical Diet (Average Intake)** | **One-Day Ideal Diet Intake** | **MyFitnessPal Daily Goal** |
| **Calories (kcal)** |   |   |   |
| **Carbohydrates (g)** |   |   |   |
| **Fiber (g)** |   |   |   |
| **Fat (g)** |   |   |   |
| **Saturated Fat (g)** |   |   |   |
| **Protein (g)** |   |   |   |
| **Sodium (mg)** |   |   |   |
| **Potassium (mg)** |   |   |   |
| **Vitamin A (%RDA)** |   |   |   |
| **Vitamin C (%RDA)** |   |   |   |
| **Iron (%RDA)** |   |   |   |
| **Calcium (%RDA)** |   |   |   |

Writing your report

Organize your paper to ensure inclusion of all items/topics listed below. Using the topics as headers within your paper is encouraged. Use the [Ideal Diet Plan Template](https://msudenver.instructure.com/courses/52340/files/10774070/download?wrap=1) Download Ideal Diet Plan Templateto write your paper; this will help ensure that your paper includes all the necessary items/topics.

* Cover page
* Introduction (include the purpose of the paper and restate your two specific and measurable goals from the Diet Analysis assignment earlier this semester)
* Data Table (include completed nutrient table from previous page of these instructions)
* Goal Achievement
	+ Discuss whether the results of your one-day ideal diet plan have the anticipated result for each of your two goals)
		- Include specific data (e.g., nutrient data) from the data table that relate to each goal in your discussion. Include specific food choices/changes that were made.
		- Include charts (sometimes also called graphs) that show the changes in specific nutrient data that relate to each goal. Charts must be created and must relate to your goals; it is not sufficient to paste charts from MyFitnessPal.
			* The type of chart/graph that you use should appropriately represent your data and goal(s). Different charts can be used for different goals. To create a chart you can use the “charts” option in Microsoft Word by going to “Insert” and then clicking on “Chart”. Once you select a chart “type” you can enter data, category labels (nutrient names), and series labels (e.g., typical diet, ideal diet). An example of a chart can be seen below:
			* Unanticipated Result
				+ Discuss one unanticipated result of your one-day ideal diet plan (e.g., nutrient that is now inadequate due to changes you incorporated). The unanticipated result must be a different nutrient than the ones identified and discussed in the goal achievement section above.
				+ Include specific data (e.g., nutrient data) from the data table that relate to the unanticipated result in your discussion.
				+ Include a chart that relates to the unanticipated result. Charts must be created; it is not sufficient to paste charts from MyFitnessPal.
			* Conclusion
			* References (use either AMA or APA citation style; include a minimum of 2 references; references listed must also be cited appropriately within the body of the paper)

Tips for Writing Your Report

* Know the difference between a table and a chart. Use a table in the Data Table section of your paper. Use charts in the Goal Achievement section and Unanticipated Result section of your paper. An example of a table is included in the Data Table section of the instructions above. An example of a chart is included in the Goal Achievement section of the instructions above.
* Use [Grammarly (Links to an external site.)](https://www.grammarly.com/%22%20%5Ct%20%22_blank) to check the grammar and spelling of your paper.
* For more information on AMA citation style, visit [https://owl.purdue.edu/owl/research\_and\_citation/ama\_style/index.html (Links to an external site.)](https://owl.purdue.edu/owl/research_and_citation/ama_style/index.html). For more information on APA citation style, visit [https://owl.purdue.edu/owl/research\_and\_citation/apa\_style/apa\_style\_introduction.html (Links to an external site.)](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html)

Submission Guidelines

1. Save your assignment as a Word document (.docx).
2. Submit your assignment by clicking the Submit Assignment button.
3. Click Choose File.
4. Find your file in the pop-up window; select Open to upload the file.
5. Click Submit Assignment after the file has uploaded.

Rubric

**Ideal Diet Plan Assignment Rubric**

| Ideal Diet Plan Assignment Rubric |
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| **Criteria** | **Ratings** | **Pts** |
| This criterion is linked to a Learning OutcomeCover Page |

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| **2 to >0.0 pts****Provided a cover page with relevant information.** | **0 pts****Did not provide a cover page.** | **0 pts****No Description** |

 | 2 pts |
| This criterion is linked to a Learning OutcomeIntroduction |

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| **2 to >1.0 pts****Provided a succinct introductory paragraph including the project purpose and the goals from previous assignment.** | **1 to >0.0 pts****Included an introductory paragraph but did not include the purpose and/or the goals from previous assignment.** | **0 pts****Did not include an introductory paragraph.** |

 | 2 pts |
| This criterion is linked to a Learning OutcomeData Table |

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| **3 to >1.5 pts****Provided a complete and accurate data table.** | **1.5 to >0.0 pts****Provided data table but missing some information.** | **0 pts****Did not include data table.** |

 | 3 pts |
| This criterion is linked to a Learning OutcomeGoal Achievement - Goal #1 |

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| **10 to >5.0 pts****Provided a thorough discussion of goal achievement including nutrient data, specific food choices/changes, and relevant charts.** | **5 to >0.0 pts****Provided some discussion but missing nutrient data, specific food choices/changes, and/or relevant charts.** | **0 pts****Did not include discussion, nutrient data, specific food choices/changes, or charts.** |

 | 10 pts |
| This criterion is linked to a Learning OutcomeGoal Achievement - Goal #2 |

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| **10 to >5.0 pts****Provided a thorough discussion of goal achievement including nutrient data, specific food choices/changes, and relevant charts.** | **5 to >0.0 pts****Provided some discussion but missing nutrient data, specific food choices/changes, and/or relevant charts.** | **0 pts****Did not include discussion, nutrient data, specific food choices/changes, or charts.** |

 | 10 pts |
| This criterion is linked to a Learning OutcomeUnanticipated Result |

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| **10 to >5.0 pts****Provided a thorough discussion of the unanticipated result including nutrient data and relevant charts.** | **5 to >0.0 pts****Provided some discussion but missing nutrient data and/or relevant charts.** | **0 pts****Did not include discussion, nutrient data, charts. Or, did not use a different nutrient from goal section.** |

 | 10 pts |
| This criterion is linked to a Learning OutcomeConclusion |

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| **3 to >1.5 pts****Provided a thorough conclusion.** | **1.5 to >0.0 pts****Provided a limited conclusion.** | **0 pts****Did not include a conclusion.** |

 | 3 pts |
| This criterion is linked to a Learning OutcomeReferences |

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| **4 to >2.0 pts****Included at least 2 references; all references and citations were properly formatted.** | **2 to >0.0 pts****Did not include 2 references and/or references/citations were not formatted properly** | **0 pts****No references or citations were included.** |

 | 4 pts |
| This criterion is linked to a Learning OutcomeSpelling, Grammar, Organization |

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| **6 to >3.0 pts****Paper was organized well and was free of spelling and grammar errors.** | **3 to >0.0 pts****Paper was somewhat disorganized and/or included spelling and grammar errors.** | **0 pts****Paper was disorganized and/or included multiple spelling and grammar errors.** |

 | 6 pts |