

## DIET ANALYSIS FORM - Daily / Weekly Analysis

The Diet Analysis is used to assess nutrients that may be deficient or nutrients that may be in excess in the diet. To start the diet analysis process a 7-Day diet diary must be filled out by the client and from the diary information, it is used to calculate the calories, macro nutrients (fats, carbohydrates, and proteins), vitamins and minerals values for each meal/day and then summarized for the week. Then the values are compared against the RDA/RDI and Daily Values and determine whether the client is getting enough recommended calories and nutrients and any potential vitamin deficiencies and/excesses.

In this aspect, the study of nutrition is an inexact science. We use the RDA's to determine a baseline for daily requirements for disease prevention. These RDA amounts are intended to give us average levels needed by large groups of people.

Diet Analysis Summary - is the weekly summary of the client's diet from the Daily Diet Analysis worksheet.

Client Daily Food Log - is the daily log of the client's daily meals with nutrient totals.

Charts - show the macro nutrients for each day by client

Calc Daily Values - is my worksheet to convert DV % to their unit of measure, mg, ui or mcg

### The Diet Analysis Process

