

## What is the Diet 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 put into the diary client form or using software like MyFitnessPal.com, it is used to calculate the calories, macro nutrients (fats, carbohydrates, and proteins), nutritional 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 the 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.

### The Diet Analysis Process

