

Name: _____

Recipe Evaluation Assignment

1. What is your recipe?
2. How many servings does it make?
3. Enter your recipe into each of the following diet tracker websites:

myfitnesspal.com or supertracker.usda.gov

4. Print (or PDF) the analysis report for both sites (attach).
5. If you were to consume the entire recipe worth of food, how many calories would you consume?

myfitnesspal.com _____ supertracker.usda.gov _____

6. Which would you think is more accurate?
7. Describe any discrepancies among the two, if any:
8. What do you think is causing these differences?
9. Based on the guidelines and regulations in the book, what kinds of food claims can you make?
10. List ingredients that can be modified or omitted, including amounts to change, in order to make this recipe healthier.
11. If you were to package your food-item, complete a food label. Keep in mind that food labels represent one serving size. Also, remember to list the ingredients in order of highest content to lowest. (next page)

Name: _____

Nutrition Facts			
Serving Size			
Servings per Container			
Amount per serving			
Calories			
Calories from fat			
		% Daily Value*	
Total Fat		g	%
saturated fat		g	%
Cholesterol		mg	%
Sodium		mg	%
Total Carbohydrate		g	%
Dietary Fiber		g	%
Sugars		g	
Protein		g	
Vitamin A	%	Vitamin C	%
Calcium	%	Iron	%
*Percent daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carb.	Less than	300g	375g
Dietary Fiber	Less than	25g	30g
Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4			

% Daily Values are based on a 2,000 calorie diet

The goal is to reach 100% of the Daily Value for vitamins and minerals