

PROJECT: MONITORING WEIGHT AND FOOD CONSUMPTION

A weighted question. For this project, we're going to look at your weight and BMI to determine if obesity is a factor in your life. You'll recall from the lesson "Overweight and Obesity Causes" that overweight and obesity can lead to a host of health problems, including heart disease, cancer, hypertension, and diabetes.

Instructions

Find your BMI and look it up to see if the resulting measure is healthy. After you've done this, you'll then look at your eating habits and track them for a week. You may wish to keep a food diary (see the attached worksheets). Calculate an approximation of daily nutrition consumption and compare it to the nutritional guidelines that the FDA publishes. Once you've looked at the data, figure out if you should adjust your diet; and, if so, make at least three recommendations for food to either add to or subtract from your diet based on the FDA's nutrition guidelines.

Step 1: Calculate your BMI

BMI =
$$\left[\frac{\text{weight in pounds}}{(\text{height in inches}) \times (\text{height in inches})} \right] \times 703$$

BMI	WEIGHT STATUS
Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30 and Above	Obese

My BMI is:

My Weight Status is:

Step 2: Track your food consumption for a week (see the attached file - print 5 copies).

Step 3 – Data Analysis

Helpful Link: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-3/>

1. What did you notice about your diet – How did it compare with the FDA nutritional Guidelines?

2. Make 3 suggestions on how you can improve your diet based on the FDA guidelines:

- 1.

- 2.

- 3.