Please follow directions tons for this SIGNATURE ASSIGNMENT (minimum of 3-4 pages excluding the cover and reference pages). the Recommended Dietary Allowances (RDA) is the suggested levels of intake for a variety of important nutrients. For this assignment, you will record your diet for three days and then average the nutrient content from those three days. You will then compare your actual three-day average with the RDA goals and other dietary guidelines. STEP 1: Record everything you eat or drink for three consecutive days. At least one of these days must be a on a weekend, as we tend to eat differently on the weekends. Please eat as you would normally, because we are trying to get an accurate picture of your eating patterns. Please do not record your nutrient supplements. Place each food item on its own line. When you are finished recording your items, please specify the cups, ounces, tablespoons, and teaspoons. You can estimate as best as you can. For items such as meat or cheese, remember that 3 ounces is about the size of an ordinary playing card, one ounce of cheese is a cube about 1 1⁄2 inches on a side, and that 4 ounces of raw meat usually cooks down to 3 ounces, and a medium piece of fruit is about the size of a tennis ball. If you are eating frozen dinners or fast food, please write down the exact name of whatever you are eating. Beverages should be expressed in ounces, not small, medium, or large. For combination- type foods (casseroles), please estimate your serving. If there are 2 zucchini in the casserole and you eat 1⁄4 of it, your zucchini intake would be about 1⁄2 medium zucchini. After you have listed your food/drink for 3 days, you will begin Step 2. STEP 2: Determine the nutrient values for each food item. In order to determine the nutrient values for each food item, you will type in keywords for your food and then submit to www.fitday.com or www.myfitnesspal.com. Once you have submitted your information, you will receive an analysis of your diet. Then, move to Step 3. STEP 3: Transfer each of the totals from myfitnesspal.com to a summary form. The idea is to compare what you are eating to the daily recommendations. On your summary form, you should list your total calories (by day), grams of carbohydrates, protein, and fat. This chart should not be more than one page of your Signature Assignment. I do not need to see your food diary, just your final summary. STEP 4: Calculate your daily Energy Requirements. To estimate your daily energy requirements, please visit choosemyplate.gov. You will need to click on “Interactive Tools” and then “Daily Food Plan”. Enter your information. The website will give you an estimation of how many calories you are allowed per day broken down by food group. You may also visit http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1784117/. At this point, you should have completed your 3 day food diary, analyzed your nutrient values for your foods, completed your summary form, and calculated how many calories you are allowed in a day. STEP 5: Address each module in your Signature Assignment 1. Macronutrients: Write a summary addressing each Macronutrient, including the name of the macronutrient, its function and recommended amounts. 2. Micronutrients: 3. Write a summary addressing each Micronutrient, including the name of the micronutrient, its function and recommended amounts. Please include calcium, iron, potassium, the B vitamins, Vitamin A and C. 4. Discuss the functions of the digestive process. 5. Discuss the significance of food additives and food safety. 6. Summarize of your caloric intake and discuss the adjustments you could make, if any. For example, are you eating more calories than allowed by choosemyplate.gov? Are you eating less calories or the same amount? Are you eating the appropriate portions from each food group? Are you getting enough of each Macronutrient? Micronutrients? Following the dietary guidelines? Also, please write a paragraph for each of the following: 1. If you were adjusting your diet for a person with cardiovascular disease, what would you modify? 2. If you were adjusting your diet for a person with cancer, what are the modifications? 3. If you were adjusting your diet for a person with diabetes, what are the modifications? 4. If you were consulting a senior, what areas concern you?