



## CHAPMAN UNIVERSITY

DEPARTMENT OF BIOLOGICAL SCIENCE

### DIET ANALYSIS INSTRUCTIONS

We will be using a computer program called Food Processor II to determine assess your diet. We want you to record, on the data sheets provided, your diet for 3 consecutive days.

Record your diet for THREE consecutive days (3 days in a row of normal living). Use the attached journal sheet for listing food items and quantities. For a more precise account of your diet, recording *individual* quantities will be more accurate than the whole.

Example: Turkey Sandwich: 2 slices of whole wheat bread, 1 tablespoon of mustard, 2 slices Swiss cheese, 2 slices turkey, 1 slice tomato.

The diet analysis form can also be found at our website:  
[www.chapman.edu/BoneStudy](http://www.chapman.edu/BoneStudy).

### Explanation of Activity Level

Sedentary: Inactive

Lightly Active: Most professionals - lawyers, doctors, and accountants, shop workers, teachers. One hour of exercise 2x a week

Moderately Active: One hour of exercise every other day

Very Active: More than 3 hours of rigorous exercise per day

Exceptionally active: If you are a lumberjack, you don't have to participate in this study!