Eatracker

Nutrition and Activity Survey

Go to the website: [www.eatracker.ca](http://www.eatracker.ca)

Step 1. Create an account on the website. Click signup.

Step 2. When in My account click on **My Goals** tab. And select a nutrition goal.

Scroll down to the **Eating Targets** section and record the recommendations for the following :

Vegetables and Fruit =

Grain Products =

Milk and Alternatives =

Meat and Alternatives =

Protein =

Fat =

Carbohydrate =

Calories (kcals) =

Step 3. Click on **My BMI** tab and record your Body Mass Index below.

BMI =

Step 4. Click on **My Activities** tab and fill out your activity log for yesterday.

How many minutes of activity did you have?

How many calories did you burn?

Step 5. Click on **My Activity Feedback** and answer the following:

How many minutes of moderate to vigorous aerobic physical activity are recommended per week?

How many days a week are muscle and bone strengthening activities recommended?

How many calories does your body burn with your basic body functions such as breathing, digesting, etc. and your activities of daily living (e.g. moving around the house, office, etc.) ?

Step 6. Click on **My Food** tab and fill out a log of what you ate yesterday.

How many calories did you consume?

Step 7. Click on **My Eating Feedback** and then click on **Calories.**

What was your calorie (energy) intake?

What is your Estimated Energy Requirements (EER)?

According to the principle of Energy Balance, how do you lose weight?

Step 8. Click on **Food Groups** and record your intake of the following :

Vegetables and Fruit

Grain Products

Milk and Alternatives

Meat and Alternatives

Which food groups are you failing to meet the recommended number of servings?

Step 9. Click on **Nutrients** and compare your intake with the recommended daily intake and answer the following questions.

Which nutrients are you meeting the recommended intake?

Which nutrients are you failing to meet the recommended intake?

Which nutrients are you exceeding the recommended intake?

Step 10. Logout of your account for today, sign in again tomorrow and every day after to log your activity and eating! ☺