**Macromolecule Diet Analysis**

Write down any food or drink that you have had in the last 24 hours and then classify it as a Carbohydrate, Lipid, or Protein

|  |  |  |  |
| --- | --- | --- | --- |
| **Food/Drink** | **Carbohydrate**  **(sugar or starch)** | **Lipid**  **(fat or oil)** | **Protein**  **(meat, dairy, eggs, beans)** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Now calculate the percent of your diet in the last 24 hours that came from each macromolecule.

* Count up the total number of marks in the table.
* Count up the total number of marks for each macromolecule and write them below.
* Use this formula to calculate the percentage
  + (macromolecule/total number of marks) X 100

Total number of marks\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of Carbohydrates\_\_\_\_\_\_\_\_\_\_\_\_ % of diet from Carbohydrates\_\_\_\_\_\_\_\_\_\_\_\_

Number of Lipids\_\_\_\_\_\_\_\_\_\_\_\_\_\_ % of diet from Lipids\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of Proteins\_\_\_\_\_\_\_\_\_\_\_\_\_ % of diet from Proteins\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*This is not an exact or detailed analysis, but it will help you start to see the proportions of each macromolecule in your diet.