

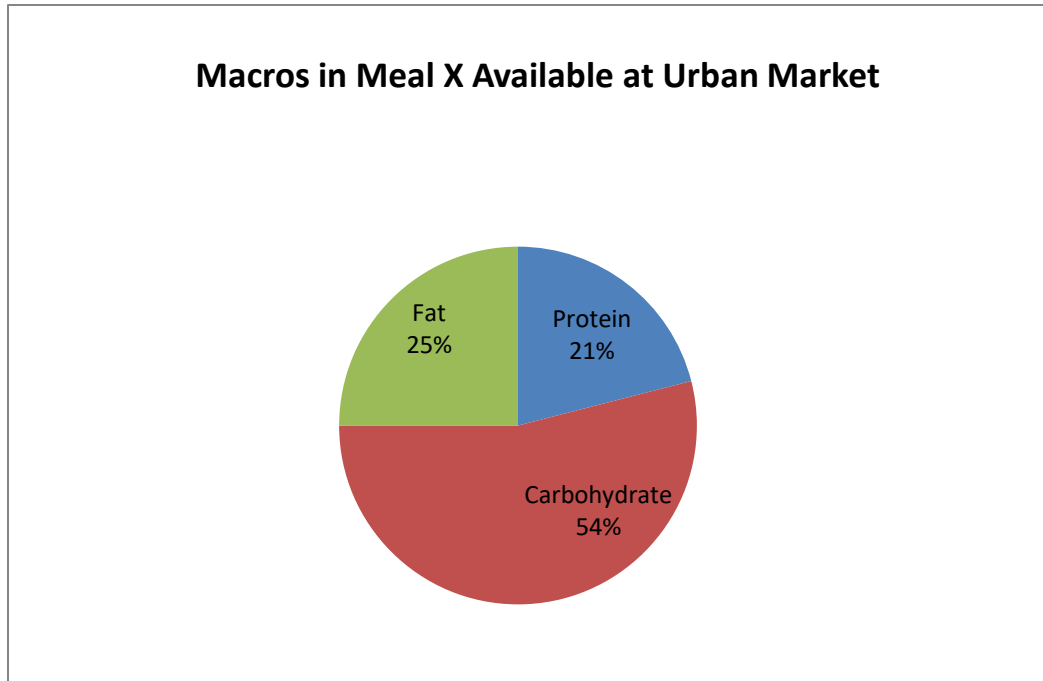
Urban Market Macronutrients

Question: Does Urban Market, the University of Lethbridge's cafeteria, sell meals that meet the macronutrient requirements of its students?

You and your partner are nutritionists who have been hired by the University of Lethbridge. Your job is to determine whether the cafeteria at the U of L provides appropriate food options to ensure students meet their macronutrient intake needs.

1. Familiarize yourself with the macro (macronutrient) "diet" using the link below. Approximately what percentage of protein, fat, and carbohydrates should students 19 years of age and older eat at each meal? www.cookinglight.com/eating-smart/macro-diet-counting-macros-weight-loss-better-nutrition
2. Choose either breakfast, lunch, or dinner as your meal of focus
3. Go to <https://lethbridge.campusdish.com/Commerce/Catalog/Menus.aspx?LocationId=7488> to view the meals available at the U of L's Urban Market (cafeteria). You can click on each of the menu options to see nutritional information.
4. Record the quantity in grams of protein, fats, and carbohydrates for one meal of your choice
5. For each of the macro nutrients, calculate what percentage of the meal the nutrient makes up.
 - To determine the percentage of each macro, calculate the grams of one macro divided by the total grams of all three macros; then multiply the decimal by 100.
 - Example: If a meal has 14g of protein, 36g of carbohydrates, and 17g of fat, then:
Protein % = $14g / (14g + 36g + 17g) = 14g / 67g = .208 \times 100\% = 21\%$
Carbohydrate % = $36g / 67g = .537 \times 100 = 54\%$
Fat % = $17g / 67g = .253 \times 100 = 25\%$
6. On a blank piece of paper, create a poster to display your results. Include the name of the meal, the percentages of each of the macronutrients contained in the meal, and indicate whether the meal meets nutritional requirements or not.
7. **If you have time**, create a pie chart to represent the macronutrient percentages for the meal. Include this chart on your poster instead of writing out the percentages. (Look at the example on the next page.)

- You may hand draw or create the chart in Microsoft Word. Go to



https://support.office.com/en-gb/article/Add-a-pie-chart-1a5f08ae-ba40-46f2-9ed0-ff84873b7863?ui=en-US&rs=en-GB&ad=GB#_toc348714907 for help with creating pie charts in Microsoft Word.

8. Put your poster up on the bulletin board at the back of the classroom.