



OAR NORTHWEST: EDUCATION

CWF Africa to the Americas Expedition 2013

The James Robert Hanssen Diet

Part I: A representative meal for the JRH crew during the CWF Africa to the Americas Expedition

| Food | Carbohydrate | Protein | Fat | Variety (satisfactory/unsatisfactory) | Calories (estimated) |
|------|--------------|---------|-----|--|-------------------------|
| | | | | | ? |
| | | | | | ? |
| | | | | | ? |
| | | | | | ? |
| | | | | | ? |

Analysis:

a. Use the table and the following blog post

<http://oarnorthwest.com/2013/03/day-38-what-we-eat/#more-6641> to identify foods and associated calories. Also identify which food group the item falls into. Then calculate the total Calories consumed in the meal.

b. Estimate the calories consumed per day by multiplying the meal Calories by 3.

b. During the CWF Africa to the Americas Expedition, the activity level of the JRH crew per day is estimated at between 4,000 and 6,000 Calories. Is the JRH crew consuming enough food or are they expending more calories than they consume?

Part II: Make a chart so that you can record what you eat in one day. You should have a section for breakfast, lunch, dinner, and snacks. Analyze your food consumption for that day in the same manner that you did the JRH crew. You need a calorie reference in order to do this. The number of calories you expended in that day mainly depends on your activity level, height, weight, body build, and gender. An average-sized female consumes 1,900 calories if inactive, 2,200 calories with moderate activity and 2,400 calories if active. An average-sized male correspondingly consumes 2,200, 2,500, and 2,800 calories. Consider the accuracy of your work. What assumptions and/or estimates did you make?



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Part V: Bar Graph Analysis

Analyze Kilocalories consumed versus Kilocalories expended by the JRH crew and you.

Key: Blue pen bar represents calories consumed

Red pen bar represents calories expended

