Virtual Nutrition

September 10, 2014

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Obesity is an epidemic in the United States that causes life threatening health problems. According to the Center for Disease control and Prevention in 2009-2010, more than one-third of U.S. adults (35.7%) were obese. New York City college of Technology offers degree programs that are on the cutting edge of technology. But the school lacks a proper nutrition program to help faculty and students combat obesity. The school cafeteria serves food without any nutrition facts. I propose that we implement a nutrition program that connects nutrition with technology. We would create a section on the school website that will offers up to date information about the nutritional facts of the food being served daily, and healthy suggestions for students and faculty. I also propose that we put a kiosk in the cafeteria that offers update information of the menu with nutritional facts, and healthy suggestions. These changes will help students, and staff make informed decisions about the food they eat.


Custom Kiosks


NUTRITION
CHOOSE RIGHT. LIVE WELL.


5 Steps to Use Nutrition Facts
1 The Serving Size
This package contains 2 serving
Consume Half of the package to get the nutrients below
3 Limit these Nutrients
Eating too much of these nutrients may increase the risks of certain chronic Diseases
Get Enough of these Nutrients
Eating enough of these nutrients can improve your health and help reduce the risk of some diseases.
5 Footnote
Tells you that %DV are based on a 2,000 calorie diet
Serving Size 1 cup (228g)
Servings Per Container 2
Amount Per Serving
Calories 250 Calories from Fat 110
% Daily Value*
Total Fat 12g 18%
Saturated Fat 3g 15%
Trans Fat 3g
Cholesterol 30mg 10%
Sodium 470mg 20%
Total Carbohydrate 31g 10%
Dietary Fiber 0g 0%
Sugars 5g
Protein 5g
Vitamin A 4%
Vitamin C 2%
Calcium 20%
The main target is to:
Less than 100% for Nutrient
At least 100% for Nutrient
2 Calories
How Much Energy you get from a serving of this food
1 serving of this food provide you 250 calories and 110 calories are from fat
4 % Daily Value
Help you determine the nutrient level in a serving of food (High or Low)
Keep in mind that:
<5% DV is Low!
>15% DV is High!


Fats, Oils & Sweets
USE SPARINGLY
KEY
Fat (naturally occurring and added)
Sugars (added)
Those symbols show fats and added sugars in foods.
Milk, Yogurt & Cheese Group
2-3 SERVINGS
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS
Vegetable Group
3-5 SERVINGS
Fruit Group
2-4 SERVINGS
Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS

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User: City Tech students and Faculty.

Context: The school cafeteria and website does not display any nutritional information about the food they serve. The cafeteria and website needs to offer the nutritional information of the food, so that students, and staff could make healthy choices.

Motivation: The students and staff are making misinformed decisions because of the lack of information offered. Obesity is an epidemic in the United States that causes life threatening health problems to help combat obesity people need to make informed decision about the food that they eat.

Solution: To tackle this problem I propose that we create a menu on the school website that offers all the nutritional content in the food being served in the cafeteria every day. Also I propose that we place a flat screen monitor in the cafeteria that displays the menu, and nutritional content of the food served (Ex. Calories, Vitamins, Cholesterol).

Outcome: By providing the nutritional facts about the food being served in the City tech cafeteria students and faculty will be empowered to make healthier choices.
These changes could help the school combat obesity.

INSTRUCTIONS: This sheet will be used to document image attributions used for proposal Moodboards. Students will keep the screenshot of the template they choose for their Moodboard. Then, using a numbered list, students will provide linked image attributions. Image attribution will be completed in 2 parts. Pt1: Students may save links to images. PT2: Students will transform links into formal image attribution. (delete these instructions for final submission).

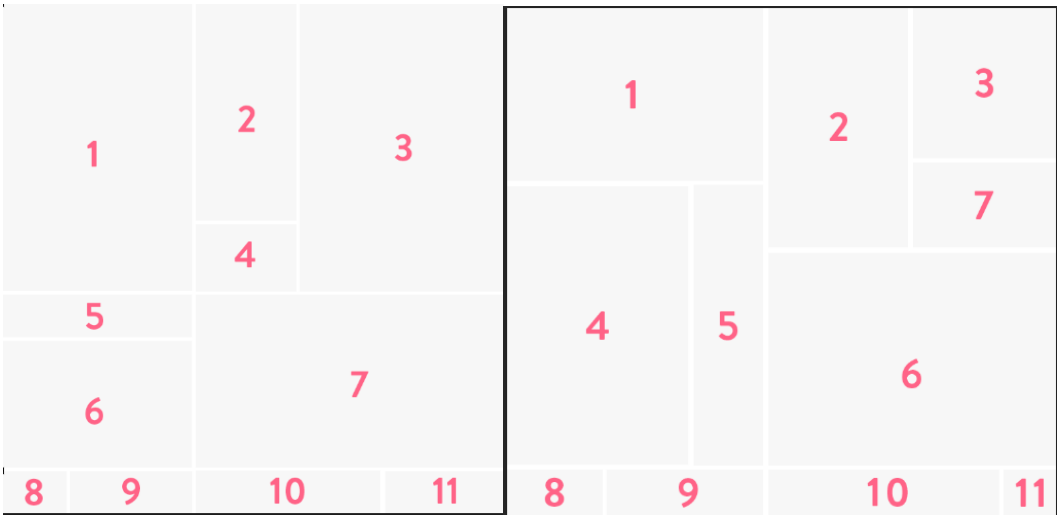

Image Attribution

1. Digital image. *San Diego Health and Wellness*. Http://bidlemanhealthandwellnessisp.weebly.com/nutrition-and-diet.html, n.d. Web. 7 Sept. 2014.

2. Digital image. *Together to A Better Pharmacy*. Http://pharmacisthouse.my/2012/09/, n.d. Web. 7 Sept. 2014.

3. Digital image. *The University of Sydney*. Http://sydney.edu.au/ict/student/locations/city-campus/tech-lounge.shtml, n.d. Web. 7 Sept. 2014.

4. Digital image. *Juneau Business Network*. Http://www.juneaubusinessnetwork.com/, n.d. Web. 7 Sept. 2014.

5. Digital image. *Sagealicia*. Http://sagealicia.com/, n.d. Web. 7 Sept. 2014.

6. Digital image. *Event Planning a Blog by Cvent*. Http://blog.cvent.com/blog/smm-matters/why-cvents-new-partnership-with-concur-is-a-big-deal, n.d. Web. 7 Sept. 2014.

7. Digital image. *KIOSKS,Inc. A Division of CompuStation*. Http://www.kiosksinc.com/custom-kiosks-design-manufacturer/, n.d. Web. 7 Sept. 2014.

8. Digital image. *Bleau Health Sports Chiropractic, PC*. Http://www.bleuhealthsports.com/funtional-nutrition/, n.d. Web. 7 Sept. 2014.

9. Digital image. *Fun Beauty*. Http://www.funbeauty.net/please-helping-my-obesity-girlfriend/, n.d. Web. 7 Sept. 2014.

10. Digital image. *HNGN*. Http://www.hngn.com/articles/38820/20140812/obesity-school-violence-gun-related-injury-top-10-child-health.htm, n.d. Web. 7 Sept. 2014.

11. Digital image. *Nutrition and Well-Being A to Z*. Http://www.faqs.org/nutrition/A-Ap/Adolescent-Nutrition.html, n.d. Web. 7 Sept. 2014.

12. Digital image. *WIKIPEDIA*. Http://en.wikipedia.org/wiki/Food_guide_pyramid, n.d. Web. 7 Sept. 2014.