Introduction
Food tracking has become an increasingly more popular method for individuals seeking to make changes in their dietary habits. According to Skinner et al., food tracking has been proven to increase its credibility, as individuals seem much more likely to initiate positive dietary changes when they are recording their daily food intake. Having said this, further knowledge is needed to allow individuals to make significant positive dietary changes. Specifically among at-risk populations such as female college athletes. According to Skinner et al., increases in nutrition knowledge may result in significantly more desirable attitudes toward nutrition among female athletes (Skinner et al., 2001).

Definitions
Estimated Energy Requirement (EER): The estimated amount of calories an individual is required to consume daily based on their age, sex, height, weight and average energy expenditure.
Average Macronutrient Distribution Range (AMD): A percentage of how many daily kcals come from each of the three macronutrient sources.

Estimated Macronutrient Requirements:

<table>
<thead>
<tr>
<th>Macronutrient</th>
<th>RDA</th>
<th>AMDR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>20%</td>
<td>25%</td>
</tr>
<tr>
<td>Lipid</td>
<td>15%</td>
<td>20%</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>65%</td>
<td>60%</td>
</tr>
</tbody>
</table>

Estimated Energy Requirement: 2757 kcal/day

Average of 410kcal was consumed from added sugars daily

Good Day Description
The subjects good day of eating consisted of relatively high quality carbohydrate sources such as vegetables and a sweet potato. This was most likely a day that the subject had more time to prepare and eat more nutrient dense foods, rather than grabbing something quick on the go. A modifiable behavior to promote more of these “good days” would be to prepare high quality foods in advance to ensure even on days when time is limited healthier foods are still an option.

Bad Day Description
The subjects worst day of eating consisted of extremely low quality food sources, which provided a very low energy content. It is often common for athletes to have poor dietary consumption days on days they are significantly busy. It is assumed the subject did not have adequate time on this day, and therefore was not able to consume higher quality meals.

Average of 345kcal was consumed from added sugars daily

Good Day Description
The subjects good day of eating consisted of relatively high quality carbohydrate sources which provided a very low energy content. It is often common for athletes to have poor dietary consumption days on days they feel extremely busy. It is assumed the subject did not have adequate time on this day and therefore was not able to make more nutrient dense foods. The recommendation to plan ahead was ignored.

Conclusion
Overall, it was noted the subject took the recommendations into consideration during the second week, as the overall caloric intake was higher and the overall sodium intake was lower. According to Hinton et al., the daily schedule and living environment of collegiate athletes are unique compared to non-athletes (Hinton et al., 2004). It is important to remember when analyzing this data, as this subject was not always in complete control of their food ingestion during this tracking period. The next steps for this subject would be to continue to ensure the overall caloric intake is sufficient, as this is the most important variable in the equation, as noted by Hinton et al. Additionally, it would be valuable for the subject to track their food intake at a time when they have more control over the foods they ingest to get a better reflection of their dietary habits.

References