**Diet Summary Report**

The *Diet Summary Report* can summarize information for either an individual Nutrition Educator or Unit, e.g., Fairbanks or Anchorage. Statistical data included in this report will begin on July 1 of a given year and go through June 30 of the following year; however, a report may be generated at anytime during the year. The *Diet Summary Report* summarizes data only for clients who have completed both an entry and exit 24-Hour Food Recall.

Diet summary data is available in either a printed format or as graphs. Five graphs are available: Food Group Improvement, Calories Among Energy Sources, Distribution of Nutrient Intake, Calorie/Nutrient Intake – Grads, Calorie/Nutrient Intake – Exits.

The following information is provided in the *Diet Summary Report*:

I. **Summary of Dietary Improvement:**
   A) Mean, standard deviation, and percent of graduates eating a specific quantity of each food group
   B) Mean, standard deviation, and percent of graduates eating a specific quantity of fruits and vegetables combined
   C) Percentage of graduates reporting eating a specific number of meals/snacks
   D) Number and percent of graduates who reported use of diet or nutrient supplements
   E) Money spent on food per person per month
   F) Summary of physical activity

II. **Summary of Calorie/Nutrient Improvement:**
   A) Mean caloric intake and percentage of calories
   B) Mean nutrient intake and percent of RDAs

III. **Distribution of Calorie and Nutrient Intake:**
   A) Calorie and nutrient intake among Participants (Completed Program)
   B) Calorie and nutrient intake among Participants (Exited, objectives not met)

IV. **Healthy Eating Index Summary:**
   A) Healthy Eating Index Component and Total Scores
   B) Healthy Eating Index Total Score Distribution

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