

PART II: INFORMATION DIET LOG ANALYSIS

“While we don’t have nutritional data for information — and likely don’t want a government regulatory agency telling us what kind of information is good for us and what kind of information is bad for us... maybe it is possible to come up with an information diet that keeps your mind lean, nimble, and healthy. And like food, it has something to do with how much you consume, but also what you consume” (Clay Johnson, author of *The Information Diet: A Case for Conscious Consumption*).

Directions: For homework, do the following:

1. Analyze your 5-day Information Diet Log by determining what *types* of information you “consumed” and how much *time* you spent “consuming” this information. You may wish to color-code each type of information you consumed and give it an appropriate designation (something like what Clay Johnson has done in the Nutrition Facts label above).
2. After you have analyzed your log, create a visual representation of your Information Diet. Be as creative as you like! Include a brief (paragraph) discussion of what you created as well as your 5-day log when you turn in your analysis.

The main objective of this activity is not only to begin the process of raising our awareness about the types of information we consume but also to help us become more selective and hopefully better consumers of information.

Nutrition Facts

Amount Per Serving	
Time: 30 min	Opinion Time: 18
Total Opinion	
Partisan Rhetoric	36%
Expert Analysis	8%
Advertising	22%
Cited Sources	2%
Historical Favoritism	
Ingredients: Paul Krugman, Ann Coulter, U.S. Bureau of Labor and Statistics, Toxic Waste Inventory, H.R. 1234	

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Visual Analysis + Write-Up is due _____ .