

In my diet I don't get enough calories, calcium and zinc according to the RDA. The calories I get in my diet are much lower than they should be and these calories are needed so I can have more energy to do the things I want to. My diet is also low in zinc, which will cause my body to heal slower. In the future I should try to get more zinc in my diet. I also am low in calcium, which will cause my teeth to get weak. I can easily solve this problem by drinking more milk.

	Protein	Carbohydrates	Fats
Day 1	12%	62%	26%
Day 2	15%	56%	29%
Total	27	118	55

Average	59%	28%
14%		

My diet has an average of 14% protein, 59% carbohydrates and 28% fat. According to the RDA standards I should be having 58% carbohydrates, less than 30% fat, and 12% protein. The American Cancer Society also says to eat less than 30% fats. Very few changes are needed in my diet according to the printout, although I do not always eat full meals like I did on these two days. On days I do not eat good meals I should try to lower the amount of unneeded fats I eat.

My personal evaluation of this project is that nothing has changed in the way I will eat. The few things I have to change in my diet will probably not make much difference in my life.