

Student C
Beaver River Central School

Health 10 period 1
9/28/98

In my diet the only nutrient under 70% is vitamin A (64%). It can be found in dark-green leafy vegetables, orange colored fruits and vegetables, and liver. Vitamin A is needed for normal growth and vision in dim light.

	Protein	Carbohydrates	Fats
Day 1	10%	58%	32%
Day 2	16%	39%	45%
Total	26	87	77

Average		
13%	44%	34%

My average protein was 13%, carbohydrates 44% , and fats 34%. It is recommended that protein be 12%, carbohydrates 58%, and fats 30%. My average and the recommended servings are pretty close but I still need to add some carbohydrates and cut out some of the fat. I don't think my diet isn't going to change very much but I may think more about eating unhealthy food.