

Student D
Beaver River Central School

Health 10 period 5

Using my Avg. Client Printout, the nutrients that are below 70% are calories, iron, and zinc. I can find calories in any fat or sweets in the top level in the pyramid. I can find iron in Herbalife and peanut butter. Zinc I can find in Herbalife, the zinc tablet. Calories are needed to keep a desirable weight. Iron and zinc are vitamins to help us healthy.

	Protein	Carbohydrates	Fats
Day 1	23%	46%	31%
Day 2	15%	65%	19%
Total	38	111	50

Average	56%	25%
19%		

My average protein is 19%, carbohydrates is 56% and fats is 25%. The recommended amount for protein is 12%, carbohydrates is 58% and fats is 30%. Protein was high by 7 and carbohydrates is low by 2 and fats is low by five. Some changes in my diet I could make is eating more of the right foods and balancing it out a little more.

My feelings on the diet evaluations were good and help me but the only thing is, when we had to write down our assignments (food) it wasn't a regular day for me because I wasn't feeling good and I didn't eat much. Some changes that I could make in my diet are eat a more sensible meal and balanced ones. This program was really neat, it helped me understand what the percentages are suppose to be and helped me understand what I need to do!