

Nutrition & Activity Analysis Paper

Using information covered in the text, classroom discussion, and personal exploration, each student will evaluate their current nutritional status/diet, track eating habits, create a plan to support or improve nutritional intake. First, identify nutrient deficiencies or toxicities, research health risks associated with these current fuel consumptions, and summarize results of dietary changes and their impact. Be sure to include specific numbers and information gathered from your nutrition analysis tool (My Diet Analysis).

Student will also include their findings from their Activity Tracker, include in the paper an evaluation of their Energy Balance and possible risks that may be associated with their Energy Balance, then listing some ideas for improving their physical activity level. . The Paper should be in paragraph format, using a title page and a citation page, 4-6 pages in length. Please check your spelling and grammar. May include charts or diagrams. At least 2 professional citations/scholarly journals required, not including your textbook (although you can use your textbook for information, be sure to cite it).

Ideas of places to start: Using your "Actual vs Recommended" report, evaluate your intake of fats, saturated fats, cholesterol, sodium, and added sugars, as well as fiber, calcium, vitamin D..., research any deficiencies or toxicities, come up with an improvement plan. Include "Energy Balance" report info.