

Diet Analysis Paper

Your paper must contain the following five sections. Each section has a maximum number of points as indicated below.

Section		Points Possible	Points Earned
I.	Introduction – this section should reference your personal RDAs. Are they typical for your age & sex? Are there variables that make yours different?	10	
II.	Evaluation of your Diet – What is your BMI? Attach food pyramid analysis and give a brief description of the analysis. Attach your food diary	10	
III.	Health Concerns – Explain all possible health concerns you will encounter if you continue your personal diet as it is. Explain how the nutrients you take (or lack thereof) affect your health concerns	20	
IV.	What changes, if any do you need to make in your diet to improve your health? Can you make these changes – if yes, how will you accomplish them? If no, what are the barriers?	20	
V.	Attach a computer printout of the values for “profile” and “Average All”	20	
VI.	Writing Skills – Your paper should be clear and concise. It should incorporate all of the concepts listed above (using the guidelines given in class). Your paper MUST be typed and the food diary legible – incorporate proper grammar and spelling	20	
TOTAL		100	

ATTACH THIS PAPER TO THE FRONT OF YOUR COMPLETED ASSIGNMENTS. LATE ASSIGNMENTS WILL BE MARKED DOWN, AS OUTLINED IN THE FIRST DAY HANDOUT