Adequate Nutrients

Paper details It is possible that although your Part 2: Diet Analysis Chronometer Nutrition report showed your diet was adequate in nutrients, met calorie goals, and balanced in terms of nutrients, your diet is lacking variety and not showing moderation in terms of the food groups (one is too high or too low, resulting in too much or too little of another food group). This portion of the diet analysis project will focus on your critical analysis of your intake for one day as compared to recommendations from My Plate for variety and moderation from the food groups. Your critical analysis will be presented as a written paper. The paper should include an introduction paragraph, one paragraph for each of the 5 food groups, and one paragraph on the “limits” (sodium and saturated fat), and a conclusion. Introduction: This should tell the reader what they will expect to read about in your paper. The main focus here is that you are introducing a review of your diet in terms of how well it matches up to recommendations about food groups. Body of the paper: Aim for 1 complete paragraph (3-5 sentences is a good goal to aim for) addressing each food group and the limits. This means you will have 6 paragraphs in total for the body of the paper. For each food group support the determination you made (Y or N) in column 3 of your worksheet- Did you reach your target? Clearly state if you believe you did/did NOT meet the recommendation and how you came to this conclusion. Which foods did you classify in this food group and how did you come up with the total number of servings? Do this for each of the 5 food groups. Once you have this for all food groups, do the same for the limits. If you exceeded sodium and/or saturated fat, identify which foods in your diet for the day resulted in being over the limit(s). If you were under for one or both, comment on how you made choices to keep those to a minimum. In the event no decisions were made specifically with awareness of sodium and saturated fat content, that is fine, however you will want to comment on this still and not skip over a critical analysis of your intake impacting those values. Conclusion: This is the last paragraph of the paper. Here is where you present your final argument using the preceding evidence presented in the body of the paper to support whether or not your diet for that one-day was varied and exhibited moderation. The key aspects to address here are specifically variety and moderation as presented in An Introduction to Nutrition chapter 2 using My Plate as your set of guidelines.