INSTRUCTIONS Factors Impacting Food Choices. Discuss three factors that affect your daily food choices. For each factor with a negative outcome, suggest at least one change you could make in your daily behavior that would turn that negative outcome to a positive outcome. Please cite your sources in a reference list. Only use course content and material provided to support your responses and APA in-text citations with a reference Read Textbook: Unit 1 pp. 9-78 Focus-on: Unit 1: pp. 25-26, 28-38, 39-47, 49-59, 63-70, 73-76 Read: Unit 2 pp. 79-123 Focus-on: Unit 2: pp. 79-86, 88-93, 97-104 Class Links Textbook https://openoregon.pressbooks.pub/nutritionscience/ Alice Callahan, P. D., Heather Leonard, M. E., & Tamberly Powell, M. S. (2020, October 14). Nutrition: Science and everyday application, V. 1.0. Nutrition Science and Everyday Application v 10. https://openoregon.pressbooks.pub/nutritionscience/ (Alice Callahan et al., 2020) My Plate https://www.myplate.gov/ Read the introduction for an orientation to the USDA Dietary Guidelines. The chapter provides the history of the guidelines and also gives the reader background for reading the subsequent chapters. 2020-2025 Dietary Guidelines for Americans (Website) https://www.dietaryguidelines.gov/ Center for Food Safety and Applied Nutrition. (n.d.). How to understand and use the nutrition facts label. U.S. Food and Drug Administration. https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label