Using the data in my Nutrient Targets printout, tell what food groups I’ve have met and which food

groups I did not met. Similarly, using the Nutrient Targets printout, describe the nutrients (vitamins and minerals) that you met and the

nutrients that you did not meet. Once you have analyzed your comparisons (comparing your intake with the DG standards found in the back

of your Understanding Nutrition textbook), explain what you have learned and describe the specific dietary changes you would need to make

in order to meet the recommendations. Be specific and tell what types of foods you would add or reduce in your diet and how you might

change your overall eating habits.

Formatting guidelines: Times New Roman; 12 point font; double-spaced; one-inch margins; ¾ page – 1½ in length.

This part of the assignment should be written in first person.