Conclusion

1. Why do you think nutritional information is listed per serving and not per package? What are the pros and cons to this method?

 Based on your analysis of the food labels from the four foods, would you change your opinion of which foods you considered to be healthy (Step 4)? Explain your answer.

3. Describe at least one reason for limiting each of the following in a wellbalanced diet - saturated fat, cholesterol, and sodium.

4. Choose one food label and calculate the grams of fat consumed if you ate the entire package. What percentage of your daily value of fat would be used at this meal? Show your work.

5. Given what you have learned about the function of key vitamins and minerals, explain why it is most often recommended for adults to consume a multi-vitamin once a day along with their regular meals.

6. Explain why DRIs are now the preferred value for nutritional intake but are not shown on food labels.

7. Describe at least two changes Anna would have to make to her diet to increase her overall health and fitness.

8. Did Anna appear to be following a diet appropriate for a person with Type 1 diabetes? Why or why not?