**DIET ANALYSIS #2 DIRECTIONS**

In this assignment, you'll reviewing the results of your diet analysis from earlier in the quarter, consider how your eating habits may have changed over the course of the quarter, and research scientifically-supported recommendations for improving your diet.

**A. Review the healthfulness of your diet.**

You may use the diet analysis completed earlier in the quarter to do this *or* redo the five days of food tracking. If you would like to re-track your diet and see how it’s changed, follow the directions in your first diet analysis assignment for using SuperTracker. In this section, review the healthfulness of your diet according to the report, include calorie recommendations and discussion of specific nutrients.

**B. Reconsider influences on your diet.**

Review the influences you discussed in your first paper. Now that you’ve learned a bit more about food and food justice, consider if there are influences you would like to add to your discussion. Also discuss whether or not your regular eating habits have changed as a result of what you’re learning this quarter.

**C.  Recommend scientifically-supported ways to improve your diet**

You must make at least three specific recommendations to improve your diet. And these recommendations must be supported by citations of at least three reputable articles found in publications in our libraries databases.

1. **Specific recommendations must involve  FOOD.  "I should take a multivitamin" or any other recommendation that involves pills instead of food WILL NOT COUNT.**
2. Recommendations must be supported by articles published in reputable sources found in our library's databases.
3. Recommendations should be thoroughly explained with specific reference to exactly how the change would improve your diet.
4. [**CLICK HERE**](https://owl.english.purdue.edu/owl/section/2/10/) for information on proper citation of your research articles. We will be using the APA citation format.

**D.  Submit your overall written report, with citations, to Canvas.**

**🡪** Report must be 3-5 pages, double-spaced

* Report must include the following discussions:
  + Review of the healthfulness of your diet
  + Discussion of influences on your diet and how your diet may have changed this quarter
  + Three specific, food-based recommendations to improve your diet. Discuss the scientific basis for each recommendation, as shown in your chosen references. Also discuss exactly how this recommendation addresses a particular problem or deficiency revealed by your diet analysis.
* Report must include a References list in APA format with at least three research articles on specific dietary nutrients.