

CWSF 2006 - Saguenay, Québec



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Macronutrients: Assessing the Average Teenage Consumption

Division: Life Sciences

Category: Senior

Region: Toronto

City: Toronto, ON

School: Francis Libermann C.S.S.

Abstract: The purpose of this project is to explore carbohydrates, protein and fat and the role each plays in our overall health. Through analyzing the current teenage population's everyday food consumption; my project aims to make predictions in regards to what health complications may result from the teenage population's macronutrient consumption.