

## CWSF 2006 - Saguenay, Québec



### Mary Scourboutakos

#### 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.