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|  | In Conclusion the test does not provide evidence to support the hypothesis that the diets of German Teenagers are more balanced then the diets of American Teenagers of the same age.  When I compart the diets of Teenagers in both nations I  actually figured out that the American Teenagers diets were slightly healthier than the Germans.  The boys diets were very simular to the girls diets. Most diets were in balance and shouldn' t cause any problems of deficiency or toxidity.  The Amount percentage of Fat should be lower in both diets and the percentage of Carbohydrates should be increased. Teenagers in both countries should also eat more Poly unsaturated Fats and decrease their intake of poly unsaturated fats.  German Teenagers should increase their intake of Vitamin D and E . They reached only 26.7 and 48.5 % of the requirements for both vitamins.  The Average American Teenager ate more Fast Food then the Average German whose nutrition was based on bread, potatoes and orange juice, but the American Teenager preferred in a lot of other products the lower fat version for example skim milk when the German Teenager favored whole milk and ate butter on his/ her bread. |

*This Web Site is Best viewed with 256 or more colors.*

*For More Information about Creekwatch, please contact Eric Thiel at* [*ethiel@pleasanton.k12.ca.us*](mailto:ethiel@pleasanton.k12.ca.us)