|  |  |  |
| --- | --- | --- |
|  |  |  |

If we compare the nutritions of Americans and Germans we see that they are very simular in the % of the Macronutrients in their diets.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | |  |  | Am. Girls | Am. Boys | Am. Total | G. Boys | G. Girls | G. Total | | Calories |  | 110 | 111 | 111 | 85 | 100 | 92 | | Protein |  | 107 | 113 | 109 | 85 | 89 | 87 | | Carboh. |  | 109 | 109 | 109 | 81 | 97 | 88 | | Total Fat |  | 119 | 115 | 117 | 108 | 120 | 113 | | Satur. Fat |  | 140 | 123 | 133 | 128 | 150 | 138 | | Mono uns. |  | 124 | 125 | 124 | 102 | 133 | 116 | | Poly uns. |  | 61 | 61 | 61 | 48 | 43 | 46 | | Cholesterol |  | 92 | 135 | 110 | 112 | 106 | 109 | | Diet. Fiber |  | 67 | 64 | 66 | 53 | 55 | 54 | | Caffeine |  | 13 | 17 | 14 | 66 | 92 | 79 | | Vit. A |  | 216 | 218 | 217 | 99 | 134 | 115 | | Vit. C |  | 191 | 213 | 200 | 204 | 292 | 244 | | Vit. D |  | 76 | 80 | 78 | 27 | 26 | 27 | | Vit. E |  | 65 | 85 | 73 | 45 | 53 | 49 | | Thiamine |  | 287 | 211 | 255 | 132 | 171 | 150 | | Riboflavin |  | 268 | 196 | 238 | 124 | 130 | 127 | | Niacin |  | 250 | 195 | 227 | 92 | 128 | 108 | | Vit. B6 |  | 236 | 169 | 215 | 104 | 104 | 104 | | Vit. B12 |  | 428 | 358 | 398 | 181 | 410 | 287 | | Folate |  | 254 | 257 | 255 | 104 | 131 | 116 | | Sodium |  | 118 | 149 | 149 | 86 | 132 | 107 | | Calcium |  | 78 | 81 | 81 | 79 | 72 | 76 | | Magnesium |  | 93 | 87 | 87 | 83 | 76 | 80 | | Potassium |  | 48 | 63 | 63 | 63 | 69 | 66 | | Iron |  | 189 | 255 | 255 | 78 | 120 | 98 | | Zink |  | 100 | 110 | 110 | 65 | 63 |  |   By Comparism of The Nutrition of German girls and American Girls we can see that their nutritional intake is simular.The caloretic intake of German Girls is a little bit low what causes also the differencebetween the Protein, Carb. and Fat intake even if the % of the nutrition in the overall diet are almost the same.  There is a lack in Vitamin E and D intake in the diets of the German girls.In all diets the intake of Minerals is too low.  If we compare the boys nutition from both countries we see that boys and girls nutritions are very simular in both countries.There are the same differences between Am. Boys and German boys than between American Girls and German Girls  If we can take a look on the overall nutrition of Teenagers in both countries we can see that  a)The caloretic intake is a little bit lower in Germany  b)The Dietery Fiber is too low in both Teenager nutritions  c)The caffeine consumption is much higher in Germany  d)Both nutritions are high in Vitamin A and C  e) The German nutrition is too low in Vitamin E and D  f)The American Nutrition is higher in the B Vitamin intake  g)There is a lack of Calcium , Magnesium and Potassium in both nutritions  h)The Iron and Zink intake is almost twice as high in America than in Germany. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |

*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)