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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.But the differences were not significant.  Against my expectations 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 percentage of Fat should be about 4% lower in both diets and the percentage of Carbohydrates should be increased . Teenagers in both countries should also eat more Mony 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 which could cause rickets,osteomalacia and have results of deficiency on the reproductive system, the nervous system, muscle tissue and blood erithrocytes.  In both diets there was a huge intake of Vitamin C which but will not cause any Toxicity because it can be excreted in the urine.  Teenagers should increase their intake of almost all minerals. Most of them reached only 70 % Of the minimal requirements.  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 bread. |

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

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