Step One: Using this spreadsheet, record everything you eat for three days this week. Record each food item in column A, adding more rows as needed. Then identify which class of macromolecule(s) is in each food item. In other words, does the food item contain carbohydrates, lipids, and/or proteins? Type an X in columns B, C, and/or D, as appropriate.

If you need help determining what macromolecules are in a specific food item, consult this web resource.

 LINK: http://www.livestrong.com/article/517141-what-types-of-foods-supply-carbohydrates-proteins-lipids/

Step Two: In a 300-word analysis, answer the following questions:

- Which class of macromolecule is represented the most? Using information from the textbook and the internet, what potential outcomes exist for eating more of this kind of macromolecule?
- Which class of macromolecule is represented the least? Using information from the textbook and the internet, what potential outcomes exist for eating less of this kind of macromolecule?
- Does your analysis surprise you in any way? Does the spreadsheet reflect a conscious effort on your part to eat a certain way? Explain.