**Vitamin Tracking Chart**

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| --- | --- | --- | --- | --- |
| **Vitamin Name** | **Your Intake of the Vitamin (make sure to specify the unit - grams, milligrams, IU’s, etc)** | **MyPlate Recommended Intake (DRI) for the Specified Vitamin (in grams, milligrams, or other units)** | **Are You Over or Under Recommendation for the Specified Vitamin?** | **Examples of Food Items Containing the Specified Vitamin** |
| **Vitamin A** |  |  |  |  |
| **Vitamin C** |  |  |  |  |
| Vitamin D |  |  |  |  |
| Vitamin B6 |  |  |  |  |
| Vitamin E |  |  |  |  |
| Vitamin K |  |  |  |  |
| Thiamin |  |  |  |  |
| Vitamin B12 |  |  |  |  |
| Riboflavin |  |  |  |  |
| Folate |  |  |  |  |
| Niacin |  |  |  |  |

Reflection Questions:

1. For which vitamins did you meet or exceed the recommended daily intake level? What enabled you to meet dietary recommendations for these vitamins?
2. For which vitamins were you below the recommended daily intake level if any? Why do you think you failed to meet RDI levels for these vitamins?
3. What specific changes can you make to your diet to increase your intake for each of the vitamins that you were deficient in? (Make sure that you break down this response vitamin by vitamin, rather than providing a generic response.)
4. What did you learn from completing this lab?