## **Reflective Journal 3 – Nutritional Risk**

You are now ready for the next reflective journal entry. For this assignment, you will combine what you learned about your dietary requirements during **Module 2: Nutrients** with what you learned about chronic conditions during this current module to identify and reflect on **the single greatest nutritional risk you are currently taking**. Which specific part of Canada's Food Guide and/or Health Canada's Dietary Reference Intake Tables does this nutritional risk go against? What are some of the possible long-term implications of this nutritional risk? Your personal habits may or may not include a substantial nutritional risk—if your least healthy dietary habit doesn't pose much of a risk to your long-term health, you can still explain this for your journal entry, and well done!

To complete the assignment, start a new Microsoft Word document. Save this file with your name and the name of the assignment in the file name, and then add your name to the top of the first page, too. The minimum for this assignment is **250 words**, but you can write more if more is necessary.

Review the **journal rubric** before you begin.