

Compare and Contrast Diets

Part 1: Similarities and Differences

Instructions: In the table below, list the similarities and differences between the four diets regarding food sources, nutritional content, and health impacts.

Aspect	American Diet	Mediterranean Diet	Vegetarian Diet	Vegan Diet
Food Sources				
Nutritional Content				
Health Impacts				

Part 2: Advantages and Disadvantages

Instructions: List at least two advantages and two disadvantages for each diet.

Diet	Advantages	Disadvantages
American		
Mediterranean		
Vegetarian		
Vegan		

Part 3: Personal Reflection

Instructions: Reflect on the information you have gathered and your personal preferences. Answer the questions below:

1. Which diet do you think is the healthiest? Why?

2. Which diet aligns most closely with your current eating habits?

3. If you considered changing your diet, which would you most likely try? Explain your reasons.

4. What challenges would you face if you tried to follow a Vegan diet?
