Number of pages: 4 (1100 words)  
Academic Level: College  
Deadline: 6 hours  
Instructions: Please include **a title page**, **abstract**, 4-page body of work, with a **reference page**, following the instructions in the picture file attached.

The Topic should be "**Nutrition and Weight Status to Promote Health and Reduce Chronic Disease**".  And I would like to **focus on the adult population.**

**Topic: Nutrition and Weight Status to Promote Health and Reduce Chronic Disease**

**Focus: Adult Population.**