

You Are What You Eat

The plot below shows:

- (1) the Nitrogen and Carbon isotopic compositions of typical foods, and
- (2) how different types of diet cause different isotopic compositions of the consumer's fingernails and hair (as shown by the arrows below).

Hence, by measuring the isotopic compositions of your fingernails, we can see differences in the diets of visitors at the time that the fingernails were formed.

What is **Your Position** on the Food Web Diagram below ?

The figure below shows the isotopic compositions of fingernails from visitors at the 2000 Open House. The position of each point reflects the individual diet of the visitor (e.g., the relative amounts of marine fish, meat, fruits & vegetables, etc.).

