

# Menu Planning

## Improving the Diets of the Lee Family, James, and Maria

1. Sample snack menu for the Lee family:

**Monday:** Raw carrots and whole-grain crackers (made with healthy fat, not with partially hydrogenated oils) with spinach dip (without added sugar)

**Tuesday:** Homemade fruit smoothie (blend fresh or frozen berries and bananas with unflavored milk and ice)

**Wednesday:** Melon with plain yogurt

**Thursday:** 100% whole-wheat pita chips and broccoli dipped in hummus

**Friday:** Ants on a log (celery sticks spread with peanut butter and topped with raisins) and apple slices

2. Two healthy dinner menus for the Lee family:

100% whole-wheat spaghetti with homemade tomato sauce, whole-grain rolls dipped in olive oil, tossed green salad drizzled with an olive-oil vinaigrette, unflavored milk, strawberries

Grilled salmon, barley pilaf, green beans, cucumber salad, fresh mandarin orange slices, water

3. Drink and snack suggestions for James:

Glass of unflavored milk or calcium-fortified nondairy milk and grapes

A small amount of cheese (such as mozzarella string cheese)

Broccoli with plain yogurt dip, seasoned with vegetables and herbs

Whole-grain cereal with unflavored milk, a banana, and strawberries

Plain yogurt with fresh blueberries

Homemade fruit smoothie made with plain yogurt or unflavored milk

4. Fun activities for James:

**Sunday:** Playing Frisbee at the beach

**Monday:** Roller skating

**Tuesday:** Bike riding

**Wednesday:** Playing baseball

**Thursday:** Playing basketball

**Friday:** Tossing a football

**Saturday:** Playing soccer at the park

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

5. Examples of snacks that are high in healthy carbohydrate, low in unhealthy fat, and convenient to eat: oranges, pears, plums, grapes, apples, strawberries, 100% whole-wheat bread, 100% whole-wheat English muffins with peanut butter, whole-grain cereal with unflavored milk, whole-grain crackers and fig bars (check the label to make sure that these do not include added sugars or partially hydrogenated oils), homemade trail mix (almonds, raisins, and whole-grain pretzel sticks), plain yogurt with whole-grain granola, and 100% whole-wheat pitas with hummus

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).