

Fueling Up the Body

Person's name: Jesse Owens

Breakfast: Steel-cut oatmeal with raisins, 1 banana, unflavored milk

Lunch: Turkey sandwich (carved turkey, not deli-sliced) on 100% whole-wheat roll with lettuce, sliced tomato, and hummus spread; carrot sticks; plain yogurt with fresh strawberries; an apple; 100% whole-wheat pita chips; water

Snack: One slice of 100% whole-wheat toast spread with peanut butter, water

Dinner: Plate of 100% whole-wheat spaghetti with tomato sauce, 100% whole-wheat French bread, large helping of steamed broccoli, green salad with white beans in olive oil dressing, water infused with sprigs of fresh mint

Snack: Half a cantaloupe and a handful of lightly salted sunflower seeds

The overall plan provides plenty of whole grains and fruits and vegetables (including a variety of colors such as deep green and orange). It also includes foods that contain healthy fat (peanut butter, hummus, olive oil, sunflower seeds) and unflavored and unsweetened dairy selections.