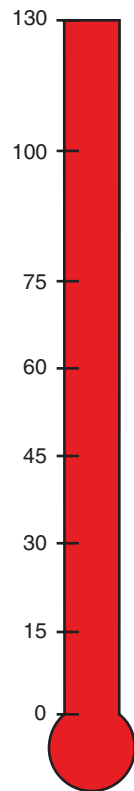


Plan a Menu

TABLE 24.3 Spotlight on Fruits and Vegetables Example

	Breakfast	Lunch	Dinner
Day 1	Orange	Celery Carrots Strawberries	Spinach Sweet potato Cherries



Vegetables:

<i>Spinach</i>	15 points
<i>Sweet potatoes</i>	15 points
<i>Celery</i>	15 points
<i>Carrot</i>	15 points
	<hr/>

Total 60 points

Fruit

<i>Orange</i>	15 points
<i>Cherries</i>	15 points
<i>Banana</i>	15 points
	<hr/>

Total 45 points

Total fruit 60 points

Total vegetable 45 points

Subtotal 105 points

If subtotal is ≥ 75 ,
add 25 bonus points 25 points

Grand total 130 points

Chart this on
Vita-Miner Meter