

# Maria's Menu—Food Choices

**TABLE 4.8** Maria's Menu—Food Choices

Breakfast	Lunch	Dinner
Frosted Flakes with banana slices Unflavored milk	Turkey sandwich on two slices of white bread with mayonnaise French fries Chocolate milk Banana	Bacon cheeseburger on white bun French fries Fruit punch Two small cookies

**TABLE 4.9** Does Maria's Menu Meet the Goal?

Healthy living goals	Does Maria's menu meet the goal?	What would you recommend?
Get whole grains and sack the sugar!		
Choose fruits and veggies instead of junk food—go for color!		
Keep the fat healthy!		
Drink water!		

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).