

# Maria's Menu—Food Choices

**TABLE 4.10** Maria's Menu—Food Choice Solutions

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 4.11** Does Maria's Menu Meet the Goal? Solution

Healthy living goals	Does Maria's menu meet the goal?	What would you recommend?
Get whole grains and sack the sugar!	No, she has not chosen any whole grains, and she has several foods with added sugar (Frosted Flakes, cookies)	She could choose whole-grain cereal with little or no added sugar (e.g., steel-cut oatmeal, shredded wheat) for breakfast, 100% whole-wheat bread and bun at lunch and dinner; or better yet, instead of choosing bread at both meals, she could choose a whole-grain side dish, such as tabouleh or brown rice. She could choose fruit (apple slices, orange wedges, grapes) for dessert instead of cookies.
Choose fruits and veggies instead of junk food—go for color!	No, she does not have enough vegetables (french fries don't count!). She also doesn't choose a good variety within the fruit group.	She could add romaine lettuce and sliced tomato to her sandwich at lunch and choose raw carrot sticks or bell pepper slices instead of french fries; she could eat steamed broccoli, sautéed spinach, roasted sweet potatoes, or other vegetables with dinner. Instead of having a banana for both breakfast and lunch, she could have strawberries with breakfast.
Keep the fat healthy!	No, bacon and hamburgers are already high in saturated fat, and the cheese adds even more saturated fat. Some restaurants still serve french fries that contain trans fat, which should be avoided.	Maria could choose a dinner entrée that is lower in saturated fat, such as baked chicken, a veggie burger with a small amount of cheese, or grilled fish. She could eat baked sweet potato fries (made with olive oil) rather than french fries.
Drink water!	No, she has not included any water to drink. Instead she has chosen sugary drinks (chocolate milk and fruit punch).	Maria should definitely make water her drink of choice.

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).