

Food Requirements

(this is just an FYI, if you follow the meal plan the nutritional requirements should be met)

Breakfast:

Calories: 554 calories
Protein: 10 grams
Calcium: 257 mg
Iron: 3.0 mg
Vitamin A 197 RE
Vitamin C 13 mg
Total Fat No more than 30 percent of total calories should come from fat
Saturated Fat Less than 10 percent of total calories should come from saturated fat

Meal pattern:

Whole grain 1 serving
Meat/alternate 1 oz (cheese, meat, ½ egg, 2 T. pb, 4 oz. Yogurt)
Milk 8 oz.
Juice/fruit/veg ½ cup

Lunch:

Calories: 785 calories
Protein: 15 grams
Calcium: 370 mg
Iron 4.2 mg
Vitamin A 285 RE
Vitamin C 17 mg
Total Fat No more than 30% calories from fat
Saturated Fat No more than 10% calories from saturated fat

Meal Pattern:

Grains/breads 1 serving 8 per week
Meat/alternate 2 oz. (meat, 1 egg, ½ cup beans, 4 T. pb, 1 c. yogurt)
Veg/fruits 2 servings (¾ cup)
Milk 8 oz.