

Menu Planning and food label reading

Objectives

- Plan a week's worth of meals to include breakfast, lunch, and dinner.
- Read a nutrition label, and make healthy choices based on the information given.

Sources: National Weight-control Information Network, Healthy Eating and Physical Activity Across a Lifespan. <http://www.win.niddk.nih.gov>

Eating for Health and Academic Achievement <http://dpi.wi.gov/fscp/doc/tnarticle.doc>

Week of:

Handout 4-1

Weekly Menu Planner

Day	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

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Breakfast Burritos

Ingredients

- Vegetable cooking spray
- 2 egg whites
- 2 whole wheat tortillas
- 1/4 cup fat-free cheese
- 1/4 cup rinsed canned beans (such as pinto beans or black beans)
- Salsa (to taste)

Directions

1. Spray vegetable cooking spray into a frying pan.
 2. Scramble the egg whites in the pan and cook to the desired degree of doneness.
 3. Place the cooked eggs on the tortillas.
 4. Sprinkle the cheese over the eggs.
 5. Place the beans over the cheese and eggs.
 6. Roll each tortilla into a wrap.
 7. Microwave for 30 seconds.
 8. Spoon salsa on top.
- Makes 2 servings.

Nutrition Facts

Serving Size (142g)		Servings Per Container	
Amount Per Serving			
Calories 210	Calories from Fat 30		
% Daily Value*			
Total Fat 3g	Less than	65g	5%
Saturated Fat 1g	Less than	20g	5%
Trans Fat 0g			
Cholesterol 5mg	Less than	300mg	2%
Sodium 670mg	Less than	2,400mg	28%
Total Carbohydrate 32g	Less than	2,400mg	11%
Dietary Fiber 4g	Less than	25g	16%
Sugars 4g			
Protein 13g			
Vitamin A 2%	Vitamin C 2%		
Calcium 8%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Calories: 2,000 2,500			
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Strawberry Parfaits

Ingredients

- 1 lb strawberries
- 2 cups low fat vanilla yogurt
- 6 tbsp granola cereal

Directions

1. Cut 1 lb strawberries into quarters and divide half among 4 glasses.
 2. Divide 1 cup low fat vanilla yogurt and 3 tbsp granola cereal evenly among glasses.
 3. Repeat with remaining berries and additional 1 cup yogurt and 3 tbsp granola. Top with sliced berries.
- Makes 2 servings.

Nutrition Facts

Serving Size (491g)		Servings Per Container	
Amount Per Serving			
Calories 360	Calories from Fat 50		
% Daily Value*			
Total Fat 6g	Less than	65g	9%
Saturated Fat 2.5g	Less than	20g	13%
Trans Fat 0g			
Cholesterol 15mg	Less than	300mg	5%
Sodium 170mg	Less than	2,400mg	7%
Total Carbohydrate 65g	Less than	2,400mg	22%
Dietary Fiber 6g	Less than	25g	24%
Sugars 49g			
Protein 16g			
Vitamin A 2%	Vitamin C 230%		
Calcium 50%	Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Calories: 2,000 2,500			
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Berry Breakfast Smoothie

Ingredients

- 1 banana, cut into chunks
- 1/2 cup fat-free milk (cold in the summer, warm in the winter)
- 1/4 cup frozen unsweetened blueberries
- 1/4 cup frozen unsweetened strawberries
- 1 teaspoon peanut butter
- 1/2 teaspoon honey

Directions

1. In a blender, combine the banana, milk, blueberries, strawberries, peanut butter, and honey. Process about 1 minute, or until the consistency of a thick milkshake.
- Makes 2 servings.

Nutrition Facts

Serving Size (325g)		Servings Per Container	
Amount Per Serving			
Calories 220	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g	Less than	65g	5%
Saturated Fat 1g	Less than	20g	5%
Trans Fat 0g			
Cholesterol 0mg	Less than	300mg	0%
Sodium 75mg	Less than	2,400mg	3%
Total Carbohydrate 45g	Less than	2,400mg	15%
Dietary Fiber 5g	Less than	25g	20%
Sugars 29g			
Protein 7g			
Vitamin A 10%	Vitamin C 45%		
Calcium 15%	Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Calories: 2,000 2,500			
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Vanilla Spice French Toast with Apple

Ingredients

- 1 egg plus 2 egg whites
- 1 teaspoon vanilla extract
- Dash each of cinnamon and nutmeg
- 2 pieces whole-grain bread
- 1/2 medium apple, sliced

Directions

1. Whisk eggs, vanilla, and spices together. Dip bread into egg mixture. Spray skillet with cooking spray, and sauté bread on each side until brown (about 3 minutes). Top with apple slices.
- Makes 1 serving.

Nutrition Facts

Serving Size (263g)		Servings Per Container	
Amount Per Serving			
Calories 300	Calories from Fat 70		
% Daily Value*			
Total Fat 7g	Less than	65g	11%
Saturated Fat 2g	Less than	20g	10%
Trans Fat 0g			
Cholesterol 185mg	Less than	300mg	62%
Sodium 380mg	Less than	2,400mg	16%
Total Carbohydrate 36g	Less than	2,400mg	12%
Dietary Fiber 6g	Less than	25g	24%
Sugars 14g			
Protein 21g			
Vitamin A 6%	Vitamin C 8%		
Calcium 10%	Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Calories: 2,000 2,500			
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

My Personal Plan to Step Up to the Challenge Week 4

1. Complete the weekly menu planner.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
√ Yes, I did it!							

2. Work toward incorporating physical activity into your daily routine for at least 30 minutes most days of the week. Work up to 60 minutes per day if you can!

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
√ Yes, I did it!							

You may also want to consider one of the optional 5K training plans shown on the next page.

Remember that whatever you choose, substituting active pursuits for sedentary time will help you manage your weight better, and you will be rewarded with great health benefits!

