

Final Meal Plan Assignment: Venezuela
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FCS 321
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Meal Plan Assignment: Venezuela



History of the Culture: Venezuela

Venezuela is a beautiful country in South America known for its exotic cuisine, beautiful beaches, lush forests, and rich history. Originally colonized by Spaniards in 1499, Venezuela has much Spanish influence in addition to Italian, French, and African roots. Venezuela is well known for General Simon Bolivar who lived from 1783 to 1830. He is the country's symbol of freedom for he was a fighter for Venezuela's independence. He led many military movements that granted freedom to thousands of individuals from Spanish rule living in Venezuela as well as Colombia, Ecuador, Peru, and Bolivia. Due to the impact he had in shaping Venezuela, he has now become a symbol to represent the country. The country of Venezuela has built monuments for him in nearly every city, incorporated his face in the country's currency, and named many institutes after him (Venezuela Geography, 2015).

Geographically, Venezuela is on the Northern Caribbean Coast of South America and is bordered by Brazil, Colombia, and Guyana. Venezuela is comprised of 23 states, Caracas being the country's capital. The country is located rather close to the equator, therefore has very little climate change. Venezuela has both a dry season (typically late December to April) and a wet season from May to November (Venezuela - An Introduction, 2010). The country of Venezuela has four diverse geographical regions including the coastal lands, the Andean mountains, the llanos (grassy plains), and the Guiana Highlands. According to Maps of the World, half of Venezuela's lands are grassland and two fifths of the land are lush forest full of rivers and diverse species that inhabit these regions of this beautiful land (2013). The weather is mostly tropical, but temperatures can vary anywhere from 82 degrees Fahrenheit to 46 degrees Fahrenheit depending on which region of Venezuela you are in (Venezuela, 2011).

Each of the four regions of Venezuela has distinct characteristics that make their particular cuisine unique. The cuisine in Venezuela is highly influenced by Italian, Spanish and French cultures as well as has some African influence. The typical diet in the coastal region incorporates fresh seafood like various fish, shellfish, crayfish, and the pargo (red snapper). Exotic Caribbean flavors like coconut also tend to be present in meals from this area. A typical meal from the Andean mountain region usually consists of trucha (trout) caught from local rivers and streams as well as cured meats, which are sold in nearby villages (Countries and their culture, 2015). The more Amazonian region of Venezuela's cuisine typically contains yucca, corn, beans, bananas, and plantains. Some meals even contain turtle, monkeys, wild birds, and deep-fried ants! *Yum!*

Mealtime is a huge part of Venezuelan culture. Typically, breakfast and lunch are large meals followed by a much lighter dinner. Family mealtime is very important in the Venezuelan culture. Having food and drinks prepared when guests arrive is a common custom and also expected by many in Venezuela. *as it should be in all cultures.*

The Venezuelan culture is quite complex and art, music, food, and family are of the utmost importance to those who call this great country home. Venezuela's universal language is Spanish, although English continues to become better known. The dominant population (67%) of Venezuela today is mestizo and pardos, which are individuals of European and Indian ancestry as documented by Countries and their culture (2015). Since the Spanish first colonized Venezuela, religion is predominantly Catholic and going to Mass on Sundays is the norm for most Venezuelans (Countries and their culture, 2015). Venezuela is home to an array of genres of music, one of the most popular being Joropo, which began in the plains of Venezuela. Another type of music that is very popular in Venezuela would be Gaita, which is usually played during


the holidays and Christmas time. The national instrument in Venezuela is the cuatro, which resembles a guitar but is much smaller and only has four strings (Venezuela, 2015).

*missing
from
reference
list*

It is extremely important to take into account an individual's background and culture when providing them with nutritional advice. As nutrition experts, we must gain the trust of our clients. Clients are much more likely to be honest and follow your recommendations if they feel you really listen to them and are sensitive to their cultural needs.

Shred

References

- ✓ Countries and Their Cultures. (2015). Retrieved March 21, 2015. from <http://www.everyculture.com/To-Z/Venezuela.html>
- ✓ Venezuela - An Introduction. (2010). Retrieved March 21, 2015. from <http://www.geographia.com/venezuela/>
- ✓  Venezuela Geography. (2013). Retrieved March 21, 2015. from <http://www.mapsofworld.com/venezuela/geography/>
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Ven. 2015?

Household Composition/Client Resources

Shannon Cruz is a 21-year-old female student of Venezuelan culture. She lives with two roommates, Sara (22 years old) and Jackie (20 years old) in an apartment close to the CSUN campus. Shannon and her roommates reached an agreement and do not split groceries, so she shops only for herself. The apartment that they share is relatively small, but has all necessary kitchen appliances including a stove, microwave, refrigerator, blender, and oven.

Client Information:

Height: 5'2"

Weight/Goal Weight:

-Current: 110 lbs

-Goal: remain the same

Activity: Moderate

Age: 21

Gender: Female

Culture: Venezuelan

Education: in college

Occupation: Student/part-time job

Health status: Healthy

Client Resources:

Neely presented

Nutrition knowledge: Shannon has taken FCS 207 at CSUN, which reviews topics on general nutrition knowledge. She is well aware of the “Choose My Plate” concept, and is relatively familiar with which nutrients she should consume daily. ✓

Food likes/dislikes: Shannon is not very picky. She will eat almost anything except chocolate. Shannon would much rather have something sour or salty than chocolate. She prefers to eat home-cooked meals but still enjoys the occasional meal out with friends. ✓

Dietary requirements

Shannon has no known allergies or intolerances to certain foods. ✓

Economic Resources

Lucky

Shannon is a full time student here at CSUN on a full paid scholarship and maintains her high GPA. Although she get some financial help from her family she has limited funds so she also has a part-time job at Starbucks. The Starbucks location is very close to campus so she does not have to spend money on transportation. Shannon would like to keep her food budget in the low to moderate cost range.

Food Accessibility

Shannon does not currently have a car so her modes of transportation are the bus, catching a ride with her roommates, and biking or walking. She has access to many walking-distance supermarkets to get food as well as shops at the Farmers Market on

campus on Tuesdays. There are many nearby on and off-campus restaurants for when she does not have enough time in her busy day to cook a full meal.

Other cultural considerations

In Venezuela, large breakfasts, relatively large lunches, and smaller dinners are common eating habits. We have set up Shannon's meal plan to mimic the eating habits she would have if she was still in Venezuela.

Client Goals

Shannon is currently at a healthy weight (110 lbs) for her height (5'2") with an estimated BMI of 20.1. Shannon does not wish to gain or lose weight at the moment; her goal is to maintain her healthy weight. In order to keep her at this weight *good* our goal is for Shannon to consume around 2,200 calories per day since she is also moderately active and exercises about three days a week for roughly 30 minutes.

In order to reach her goal of saving money, Shannon buys in-season fruits and vegetables when possible at the Farmers Market on campus every Tuesday. Also, it is a goal of hers to limit her meals "out" to only twice a month. Since Shannon is a full-time student with a part-time job, her time is limited. She has more time in the evenings to cook and prepare meals for the next day and likes to take quick snacks on the go. Although, she has more time to prepare meals in the evenings in Shannon's Venezuelan culture, it is customary to eat a smaller dinner with breakfast and lunch being the largest meals. We will create a meal plan to accommodate this cultural request. *Do you have monetary goals for her meal plans?*

In creating a two-day meal plan for Shannon we hope to show her examples of cost-effective and easy meals that will leave her feeling satisfied and meet all of her nutritional needs.

Daily Menu

Day 1: Monday

Breakfast

Perico
Coffee
Water
Whole wheat toast
Blackberries

Snack

Orange
Trail Mix

Lunch

Pabellon Criollo

Snack

String Cheese & whole-wheat crackers

Dinner

Turkey Sandwich

~

*that's all?
OK*

Day 2: Tuesday

Breakfast

Yogurt, granola, banana
Whole wheat toast
Coffee

Snack

Apple and peanut butter

Lunch

Ensalada Caprese

Snack

Carrots
Whole wheat pretzels

Dinner

Patacones
Brown rice, sautéed zucchini and mushrooms

TWO-DAY MEAL PLAN

Excellent

DAY ONE- MONDAY

Meal	Food/Beverage Item	Quantity	Measurement
Breakfast	*Perico	1	serving
	Whole wheat bread	2	slices
	Blackberries	1	cup
	Coffee	1	Cup
Morning Snack	Orange, fresh	1	each
	Trail Mix	0.5	cup
Lunch	*Pabellon	1	serving
Afternoon Snack	String Cheese part skim	1	Each
	Whole wheat crackers	30	Each
Dinner	Whole wheat bread	2	Slices
	Low-sodium turkey breast lunchmeat	2	ounces
	Cucumber fresh	0.5	each
	Mustard, yellow	1	Tbs
	Tomato, fresh, med	0.5	medium
	Spinach	1	cup
	Low fat Swiss cheese	2	ounces

good.

DAY TWO- TUESDAY

Meal	Food/Beverage Item	Quantity	Measurement
Breakfast	Yogurt, plain, low fat	1	Cup
	Whole wheat bread	1	slice
	Banana, fresh, med	1	Each
	Granola, cinnamon almond clusters	0.5	Cup
	Coffee	1	cup
Morning Snack	Peanut butter reduced sodium	1	Tbs
	Apple, fresh, large	1	Each
Lunch	*Ensalada Caprese	1	serving
Afternoon Snack	Carrots, baby, fresh	1	Cup
	Pretzels, hard, whole wheat	1	ounce

good.

**ok *Recipe included*

Dinner	*Patacones	1	Serving
	Rice, brown, long grain, cooked	1	Cup
	Mushrooms, brown, fresh	1	Cup
	Zucchini squash, large, fresh	1	each

*RECIPE ATTACHED

Recipes

Perico (Venezuelan scrambled eggs)

Total Time: 20 min

Prep Time: 10 min

Cook time: 10 min

✓
Makes 3 servings

Ingredients:

2 tbs oil

1 onion, finely chopped

1 bell pepper, finely chopped (red, green, or yellow)

2 garlic cloves, minced

2 tomatoes, seeded and chopped

6 eggs, lightly beaten

1 tsp salt

1 tsp pepper

Directions:

1. Heat oil in a skillet over medium/high flame. Add the onion, bell pepper and garlic and sauté for 3 to 4 minutes, or until the onion is softened and translucent.
2. Add tomatoes and cook for another 3 to 4 minutes to reduce the liquid somewhat
3. Reduce heat to low, add the eggs, salt and pepper and cook, gently stirring the eggs occasionally to scramble them and just long enough to cook them through while keeping them soft.
4. Serve with bread or arepas and a slice of fresh cheese



Source: <http://www.food.com/recipe/venezuelan-scrambled-eggs-perico-venezolano-456610>

Pulled Beef: Pabellon Criollo

Total time: 30 min

Cook time: 30 min

Yields 6 to 8 servings (modified 7 servings)

ok Thanks

Ingredients:

7 tbs extra-virgin olive oil

2 carrots, chopped

2 stalks celery, chopped

2 onions, chopped

1 (1 1/2 lb) flank steak

1 bay leaf

2 red bell peppers, chopped

4 cloves garlic, chopped

1 (28 oz can) whole tomatoes, drained and hand-crushed

? Kosher salt and freshly ground black pepper - *Need to say ^{it} how ^{it} much exactly.*

~~Black beans: (in a pressure cooker)~~ Modified: Canned black beans (2 cups)

4 tbs extra-virgin olive oil

1 ham hock, about 1 lb

1 medium onion, diced

2 cloves garlic, minced

1 bay leaf

2 cups (about 1 b) dried black beans, picked over and rinsed

6 cups water

Kosher salt and freshly ground black pepper *How much.*

So you did not make this, right?

? Cooked white rice *3.5 c?*

Cilantro leaves, for garnish *? Did not specify qty here.*

Directions:

In a large casserole (that has a tight fitting lid) heat 3 tablespoons oil over medium-high heat. Add the carrots, celery, and 1 onion and fry for a few minutes until softened; remove the vegetables to a plate. Season the meat with salt and pepper; add 2 tablespoons more oil to the pan, if needed, and brown the meat on both sides, about 5 minutes. Return the softened vegetables to the pan along with the bay leaf. Add enough water to just about cover the meat and bring to a boil. Lower heat, cover, and simmer gently until meat is very tender, 1 1/2 to 2 hours.

Remove meat from the pot and set aside; strain the liquid and reserve.

Add 2 tablespoons oil to the pan and put in the peppers, garlic, tomatoes, and the remaining onion; fry on medium-low heat until everything is soft and broken down, about 15 minutes. Shred the meat and add to the pan to heat through. Add some of the reserved braising liquid if the mixture becomes too dry. Serve with Black Beans and cooked white rice, garnish with cilantro leaves.

Black Beans in a Pressure Cooker:

In a 6-quart pressure cooker over medium-high heat, pour in 3 tablespoons oil. Add the ham hock and onions and cook until the onions are wilted and the ham hock is lightly browned, about 5 minutes. Throw in the garlic and bay leaf and cook for 1 minute more. Add the beans and give a good stir. Pour in the water; add the remaining tablespoon of oil, 1 tablespoon of salt, and a couple of grindings of pepper. Following the manufacturer's instructions, cover, lock the lid, and bring to high pressure. Lower heat to maintain pressure and start timing. Cook at high pressure for 25 minutes. Remove from heat and let rest for 5 minutes. Release the steam, again following the manufacturer's directions. If the beans are underdone, simmer them with the lid off until tender. Remove bay leaf and discard. Pick meat from ham hock and add to beans; discard the bone. Taste and adjust seasoning.

Modified: Canned black beans



Source: <http://www.foodnetwork.com/recipes/tyler-florence/pulled-beef-pabellon-criollo-recipe.html>

Recipe courtesy of [Tyler Florence](#)

Ensalada Caprese

Yields: 4 servings

Prep time: 10 min

Ingredients:

1/2 pound fresh mozzarella cheese sliced 1/4-inch thick

2 large vine-ripened tomatoes, sliced 1/4-inch thick

1 cup fresh basil leaves

1 tsp salt *1/4 tsp?*

2 tsp Freshly-ground black pepper

1/4 cup extra-virgin olive oil

Good!

Preparation:

In a circular design around the side of a serving plate, alternate fresh mozzarella slices on a large platter (or on individual plates if you are doing individual portions) with sliced tomatoes, overlapping for effect.

Tear fresh basil leaves and sprinkle liberally over the slices. Add salt and freshly ground pepper to taste.

Just before serving, drizzle on some top-quality extra-virgin olive oil.



source: <http://whatscookingamerica.net/Salad/InsalataCaprese.htm>

✓

Patacones

Yields ~~4-6 servings~~ modified 5 servings

Ingredients:

3 green plantains (bananas)

5 tbs vegetable oil for frying

¼ tsp Kosher salt

~~Creamy Aji Sauce~~ (modified without sauce)

*Sounds
simple!
Great!*

Directions:

Slice the ends off of each plantain, and then slice unpeeled plantains crosswise into 1 1/2 wide circles. Place plantain slices in a bowl of salted water to soak for 1 hour.

Peel the plantain slices. If the peel does not come off easily, make a slit through the skin with a sharp knife first, and then peel it off. Place the peeled plantain slices on paper towels and pat dry.

Heat 1-2 inches of vegetable oil in a heavy skillet to 350 degrees. Place plantain slices in the oil and cook until golden (plantain should sizzle gently), working in batches if necessary. Drain on paper towels.

Use the bottom of a glass or bottle to smash/flatten the slices of plantain into disks about 1/3-1/2 inch thick.

Return flattened plantains to the hot oil and fry until deep golden brown. Drain on paper towels, and sprinkle generously with kosher salt.

Serve plantain warm with ~~aji sauce for dipping~~. Modified with no sauce



<http://southamericanfood.about.com/od/appetizersfirstcourses/r/patacones.htm>

Recipe: Perico ✓

Number of Servings: 3 (323.43 g per serving) ✓

Weight: 970.30 g

Recipe

Item Name	Quantity	Measure	
Oil, olive, salad or cooking	2	Tablespoon	✓
Onion, white, fresh, med, whole, 2 1/2"	1	Each	✓
Peppers, sweet, bell, green, fresh, med, 2 1/2"	1	Each	✓
Garlic, cloves, fresh	2	Each	✓
Tomatoes, red, fresh, year round avg, lrg, 3", USDA	2	Each	✓
Egg, whole, raw, extra lrg	6	Each	✓
Salt, table	1	Teaspoon	✓
Spice, pepper, black, ground	1	Teaspoon	✓

Perfect.

Nutrients

Nutrients	Per Serving
Basic Components	
Calories (kcal)	289.06
Calories from Fat (kcal)	178.86
Fat (g)	20.03
Calories from SatFat (kcal)	43.46
Saturated Fat (g)	4.83
Trans Fatty Acid (g)	0.04
Cholesterol (mg)	416.64
Carbohydrates (g)	11.94
Dietary Fiber (g)	2.99
Total Sugars (g)	6.14
Protein (g)	16.09
Vitamins	
Vitamin A - IU (IU)	1767.38
Vitamin C (mg)	51.85
Folate (mcg)	81.96

Recipe: Perico

Nutrients cont.

Nutrients	Per Serving
Minerals	
Calcium (mg)	94.84
Iron (mg)	2.66
Sodium (mg)	943.60

Perico

02/17/2015

Nutrition Facts

Serving Size (323g)
Servings Per Container

Amount Per Serving

Calories 290 Calories from Fat 180

% Daily Value*

Total Fat 20g **31%**

 Saturated Fat 5g **25%**

 Trans Fat 0g

Cholesterol 415mg **138%**

Sodium 940mg **39%**

Total Carbohydrate 12g **4%**

 Dietary Fiber 3g **12%**

 Sugars 6g

Protein 16g

Vitamin A 35% • Vitamin C 90%

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		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 8 • Carbohydrate 4 • Protein 4

Spreadsheet: Perico

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	FatCals (kcal)	SatCals (kcal)	Prot (g)	Carb (g)	Fib (g)	SolFib (g)	Sugar (g)
Perico											
oil, olive	0.66667	Tablespoon	9.00	79.56	79.56	11.18	0	0	0	0	0
onion, white, fresh, medium, 2 1/2"	0.33333	Each	36.67	14.67	0.33	0.14	0.40	3.42	0.62	--	1.55
bell pepper, green, fresh, medium, 2 1/2"	0.33333	Each	39.67	7.93	0.61	0.21	0.34	1.84	0.67	0.08	0.95
garlic cloves, fresh	0.66667	Each	2.00	2.98	0.09	0.02	0.13	0.66	0.04	--	0.02
tomatoes, fresh, year round average, large, 3"	0.66667	Each	121.33	21.84	2.18	0.31	1.07	4.72	1.46	--	3.19
Egg, whole, raw, extra lg	2	Each	112.00	160.16	95.86	31.51	14.07	0.81	0	0	0.41
salt, table	0.33333	Teaspoon	2.00	0	0	0	0	0	0	0	0
black pepper, ground	0.33333	Teaspoon	0.77	1.92	0.22	0.10	0.08	0.49	0.19	--	0.00
Total			323.43	289.06	178.86	43.46	16.09	11.94	2.99	0.08	6.14

Spreadsheet: Perico

Spreadsheet cont.

Item Name	Vit A-RAE (RAE)	Caroten (RE)	Retinol (RE)	BetaCaro (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B3-NE (mg)	Vit B6 (mg)	Vit B12 (mcg)	Biot (mcg)
Perico											
oil, olive	0	0	0	0	0	0	0	0	0	0	0
onion, white, fresh, medium, 2 1/2"	0.04	0.07	0	0.37	0.02	0.01	0.04	0.13	0.04	0	1.28
bell pepper, green, fresh, medium, 2 1/2"	7.34	14.68	0	82.51	0.02	0.01	0.19	0.27	0.09	0	--
garlic cloves, fresh	0.01	0.02	0	0.10	0.00	0.00	0.01	0.04	0.02	0	--
tomatoes, fresh, year round average, large, 3"	50.54	101.07	0	544.79	0.04	0.02	0.72	0.84	0.10	0	4.85
Egg, whole, raw, extra lg	179.62	0.84	179.20	0	0.04	0.51	0.08	3.13	0.19	1.00	22.40
salt, table	0	0	0	0	0	0	0	0	0	0	--
black pepper, ground	0.21	0.42	0	2.38	0.00	0.00	0.01	0.02	0.00	0	--
Total	237.75	117.10	179.20	630.14	0.13	0.56	1.06	4.42	0.45	1.00	28.54

Spreadsheet: Perico

Spreadsheet cont.

Item Name	Fluor (mg)	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)	Phos (mg)	Pot (mg)	Sel (mcg)	Sod (mg)	Zinc (mg)
Perico											
oil, olive	0.00	0.73	0.08	3.67	0.05	1.83	10.63	53.53	0.18	1.47	0.06
onion, white, fresh, medium, 2 1/2"	0.00	0.40	0.13	3.97	0.05	1.98	7.93	69.42	0	1.19	0.05
bell pepper, green, fresh, medium, 2 1/2"	0.00	0.03	0.03	0.50	0.03	0.03	3.06	8.02	0.28	0.34	0.02
garlic cloves, fresh	0.00	0.33	0.33	13.35	0.14	6.07	29.12	287.56	0	6.07	0.21
tomatoes, fresh, year round average, large, 3"	0.00	1.96	13.44	0.03	19.04	221.76	154.56	34.38	159.04	1.44	
Egg, whole, raw, extra lg	0.00	0.01	0.02	0.00	0.00	0	0.16	0.00	775.16	0.00	
salt, table	0.00	0.07	1.31	0.10	1.21	10.19	0.04	0.15	0.01		
black pepper, ground	0.01	60.49	2.66	36.25	0.40	28.92	273.72	583.53	34.89	943.60	1.80
Total											

Recipe: PABELLON CRIOLLO

Number of Servings: 7 (508.53 g per serving)

Weight: 3559.68 g

Recipe

Item Name	Quantity	Measure
Oil, olive, extra virgin	7	Tablespoon ✓
Carrot, fresh	2	Each ✓
Celery, stalk, fresh, med	2	Each ✓
Onion, white, fresh, lrg, whole	2	Each ✓
Beef, flank steak, lean, raw, 0" trim	1.5	Pound ✓
Herb, bay leaf, dried	1	Each ✓
Peppers, sweet, bell, red, fresh, lrg, 3 3/4" x 3"	2	Each ✓
Garlic, cloves, fresh	4	Each ✓
Tomatoes, red, whole, med, cnd	28	Ounce-w... ✓
Salt, table	1	Teaspoon ✓
Spice, pepper, black, ground	1	Teaspoon ✓
Beans, black, cnd	2	Cup ✓
Rice, white, long grain, unenrich, ckd	3.5	Cup ✓

quantity not specified on recipe

Nutrients

Nutrients	Per Serving
Basic Components	
Calories (kcal)	488.74
Calories from Fat (kcal)	179.02
Fat (g)	19.89
Calories from SatFat (kcal)	36.71
Saturated Fat (g)	4.08
Trans Fatty Acid (g)	0
Cholesterol (mg)	60.26
Carbohydrates (g)	47.99
Dietary Fiber (g)	6.96

Recipe: PABELLON CRIOLLO

Nutrients cont.

Nutrients	Per Serving
Total Sugars (g)	10.17
Protein (g)	28.91
Vitamins	
Vitamin A - IU (IU)	3190.14
Vitamin C (mg)	77.10
Folate (mcg)	53.94
Minerals	
Calcium (mg)	118.82
Iron (mg)	4.13
Sodium (mg)	664.00

PABELLON CRIOLLO

02/17/2015

Nutrition Facts

Serving Size (509g)
Servings Per Container

Amount Per Serving

Calories 490 **Calories from Fat 180**

% Daily Value*

Total Fat 20g **31%**

 Saturated Fat 4g **20%**

 Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 660mg **28%**

Total Carbohydrate 48g **16%**

 Dietary Fiber 7g **28%**

 Sugars 10g

Protein 29g

Vitamin A 60% • Vitamin C 130%

Calcium 10% • Iron 25%

*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		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Spreadsheet: PABELLON CRIOLLO

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	FatCals (kcal)	SatCals (kcal)	Prot (g)	Carb (g)	Fib (g)	SolFib (g)	Sugar (g)
PABELLON CRIOLLO											
oil, olive, extra virgin	1	Tablespoon	14.00	126.00	126.00	17.64	0	0	0	0	0
carrots, fresh	0.28571	Each	22.29	8.57	0	0	0.29	2.00	0.57	--	1.43
celery, fresh, stalk	0.28571	Each	15.71	2.86	0	0	0.14	0.71	0.29	--	0
onion, white, fresh, large	0.28571	Each	42.86	17.14	0.39	0.16	0.47	4.00	0.73	--	1.82
beef flank steak, raw, lean, 0" trim, URMIS 1581	0.21429	Pound	97.20	137.05	47.85	18.00	20.97	0	0	0	0
bay leaf, dried	0.14286	Each	0.03	0.09	0.02	0.01	0.00	0.02	0.01	--	--
bell pepper, red, fresh, large, 3 3/4" x 3"	0.28571	Each	46.86	14.53	1.27	0.11	0.46	2.83	0.94	--	1.88
garlic cloves, fresh	0.57143	Each	1.71	2.55	0.08	0.01	0.11	0.57	0.04	--	0.02
Tomatoes, red, whole, med, cnd	4	Ounce-w...	113.40	18.14	2.55	0.35	0.90	3.93	1.68	0.24	2.25
salt, table	0.14286	Teaspoon	0.86	0	0	0	0	0	0	0	0
black pepper, ground	0.14286	Teaspoon	0.33	0.82	0.10	0.04	0.03	0.21	0.08	--	0.00
black beans, canned	0.28571	Cup	74.29	57.14	0	0	3.43	10.86	2.86	--	2.29
rice, white, cooked, long grain, unenriched	0.5	Cup	79.00	102.70	1.99	0.55	2.13	22.25	0.32	0.08	0.04
Total			508.53	487.61	180.24	36.87	28.92	47.39	7.51	0.32	9.73

Spreadsheet: PABELLON CRIOLLO

Spreadsheet cont.

Item Name	Vit A-RAE (RAE)	Caroten (RE)	Retinol (RE)	BetaCaro (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B3-NE (mg)	Vit B6 (mg)	Vit B12 (mcg)	Biot (mcg)
PABELLON CRIOLLO											
oil, olive, extra virgin	--	--	--	--	--	--	--	--	--	--	--
carrots, fresh	78.57	157.14	0	--	--	--	--	--	--	0	--
celery, fresh, stalk	0.71	1.43	0	8.57	--	--	--	--	--	--	--
onion, white, fresh, large	0.04	0.09	0	0.43	0.02	0.01	0.05	0.15	0.05	0	1.50
beef flank steak, raw, lean, 0" trim, URMIS 1581	0	0	0	0	0.06	0.10	6.50	8.80	0.59	1.03	--
bay leaf, dried	0.09	0.18	0	--	0.00	0.00	0.00	0.00	0.00	0	--
bell pepper, red, fresh, large, 3 3/4" x 3"	73.35	146.71	0	760.96	0.03	0.04	0.46	0.55	0.14	0	--
garlic cloves, fresh	0.01	0.02	0	0.09	0.00	0.00	0.01	0.03	0.02	0	--
Tomatoes, red, whole, med, cnd	23.13	46.27	0	277.83	0.65	0.06	0.81	0.94	0.13	0	4.54
salt, table	0	0	0	0	0	0	0	0	0	0	--
black pepper, ground	0.09	0.18	0	1.02	0.00	0.00	0.00	0.01	0.00	0	--
black beans, canned	0	0	0	0	--	--	--	--	--	--	--
rice, white, cooked, long grain, unenriched	0	0	0	0	0.02	0.01	0.32	0.72	0.07	0	0.79
Total	176.01	352.01	0	1048.89	0.78	0.23	8.14	11.20	1.00	1.03	6.83

Spreadsheet: PABELLON CRIOLLO

Spreadsheet cont.

Item Name	Fluor (mg)	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)	Phos (mg)	Pot (mg)	Sel (mcg)	Sod (mg)	Zinc (mg)
PABELLON CRIOLLO											
oil, olive, extra virgin	--	--	--	--	--	--	--	--	--	--	--
carrots, fresh	--	--	0.10	--	--	--	--	71.43	--	17.14	--
celery, fresh, stalk	--	--	0.05	--	--	--	--	--	--	14.29	--
onion, white, fresh, large	0.00	0.86	0.09	4.29	0.06	2.14	12.43	62.57	0.21	1.71	0.07
beef flank steak, raw, lean, 0" trim, URMIS 1581	--	--	1.53	22.36	0.01	--	196.34	330.47	25.66	53.46	3.83
bay leaf, dried	--	--	0.01	0.04	0.00	--	0.03	0.16	0.00	0.01	0.00
bell pepper, red, fresh, large, 3 3/4" x 3"	--	0.47	0.20	5.62	0.05	2.34	12.18	98.87	0.05	1.87	0.12
garlic cloves, fresh	--	--	0.03	0.43	0.03	--	2.62	6.87	0.24	0.29	0.02
Tomatoes, red, whole, med, cnd	0.01	--	0.65	11.34	0.08	--	19.28	216.59	0.79	130.41	0.14
salt, table	0.00	--	0.00	0.01	0.00	--	0	0.07	0.00	332.21	0.00
black pepper, ground	0.00	--	0.03	0.56	0.04	--	0.52	4.37	0.02	0.07	0.00
black beans, canned	--	--	0.82	--	--	--	--	--	--	80.00	--
rice, white, cooked, long grain, unenriched	--	--	0.16	9.48	0.37	--	33.97	27.65	5.92	0.79	0.39
Total	0.01	1.33	3.68	54.12	0.64	4.49	277.38	819.05	32.90	632.25	4.57

Recipe: ENSALADA CAPRESE

Number of Servings: 4 (156.82 g per serving)

Weight: 627.30 g

Recipe

Item Name	Quantity	Measure
Tomatoes, fresh, med	2	Medium
Herb, basil, leaf, fresh, chpd	1	Cup
Cheese, mozzarella, low moist, part skim	0.5	Pound
Oil, olive, extra virgin	0.25	Cup
Salt, table	0.25	Teaspoon
Spice, pepper, black, ground	2	Teaspoon

Nutrients

Nutrients	Per Serving
Basic Components	
Calories (kcal)	303.82
Calories from Fat (kcal)	234.95
Fat (g)	26.11
Calories from SatFat (kcal)	80.82
Saturated Fat (g)	8.98
Trans Fatty Acid (g)	0
Cholesterol (mg)	30.00
Carbohydrates (g)	5.52
Dietary Fiber (g)	0.96
Total Sugars (g)	1.54
Protein (g)	14.95
Vitamins	
Vitamin A - IU (IU)	1465.43
Vitamin C (mg)	13.91
Folate (mcg)	7.40
Minerals	
Calcium (mg)	433.94
Iron (mg)	0.81
Sodium (mg)	575.99

ENSALADA CAPRESE

02/17/2015

Nutrition Facts

Serving Size (157g)
Servings Per Container

Amount Per Serving

Calories 300 **Calories from Fat 230**

% Daily Value*

Total Fat 26g **40%**

 Saturated Fat 9g **45%**

 Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 580mg **24%**

Total Carbohydrate 6g **2%**

 Dietary Fiber 1g **4%**

 Sugars 2g

Protein 15g

Vitamin A 30% • Vitamin C 25%

Calcium 45% • 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	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Spreadsheet: ENSALADA CAPRESE

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	FatCals (kcal)	SatCals (kcal)	Prot (g)	Carb (g)	Fib (g)	SolFib (g)	Sugar (g)
ENSALADA CAPRESE											
tomatoes, fresh	0.5	Medium	74.00	12.50	0	0	0.50	2.50	0.50	--	1.50
basil, fresh, chopped leaves	0.25	Cup	10.60	2.44	0.61	0.04	0.33	0.28	0.17	--	0.03
cheese, mozzarella, low moisture part skim	0.125	Pound	56.70	160.00	108.00	63.00	14.00	2.00	0	0	0
oil, olive, extra virgin	0.0625	Cup	14.00	126.00	126.00	17.64	0	0	0	0	0
salt, table	0.0625	Teaspoon	0.38	0	0	0	0	0	0	0	0
black pepper, ground	0.5	Teaspoon	1.15	2.89	0.34	0.14	0.12	0.74	0.29	--	0.01
Total			156.82	303.82	234.95	80.82	14.95	5.52	0.96	0	1.54

Spreadsheet: ENSALADA CAPRESE

Spreadsheet cont.

Item Name	Vit A-RAE (RAE)	Caroten (RE)	Retinol (RE)	BetaCaro (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B3-NE (mg)	Vit B6 (mg)	Vit B12 (mcg)	Biot (mcg)
ENSALADA CAPRESE											
tomatoes, fresh	25.00	50.00	0	--	--	--	--	--	--	0	--
basil, fresh, chopped leaves	27.96	55.91	0	333.05	0.00	0.01	0.10	0.16	0.02	0	--
cheese, mozzarella, low moisture part skim	--	--	--	--	--	--	--	--	--	--	--
oil, olive, extra virgin	--	--	--	--	--	--	--	--	--	--	--
salt, table	0	0	0	0	0	0	0	0	0	0	--
black pepper, ground	0.31	0.63	0	3.56	0.00	0.00	0.01	0.02	0.00	0	--
Total	53.27	106.54	0	336.62	0.00	0.01	0.11	0.19	0.02	0	--

Spreadsheet: ENSALADA CAPRESE

Spreadsheet cont.

Item Name	Fluor (mg)	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)	Phos (mg)	Pot (mg)	Sel (mcg)	Sod (mg)	Zinc (mg)
ENSALADA CAPRESE											
tomatoes, fresh	--	--	0.36	--	--	--	--	170.00	--	10.00	--
basil, fresh, chopped leaves	--	--	0.34	6.78	0.12	--	5.94	31.27	0.03	0.42	0.09
cheese, mozzarella, low moisture part skim	--	--	0	--	--	--	--	--	--	419.99	--
oil, olive, extra virgin	--	--	--	--	--	--	--	--	--	--	--
salt, table	0.00	--	0.00	0.00	0.00	--	0	0.03	0.00	145.34	0.00
black pepper, ground	0.00	--	0.11	1.97	0.15	--	1.82	15.28	0.06	0.23	0.01
Total	0.00	--	0.81	8.75	0.27	--	7.75	216.58	0.09	575.99	0.10

Recipe: PATACONES

Number of Servings: 5 (121.3 g per serving)

Weight: 606.50 g

Recipe

Item Name	Quantity	Measure
Plantain, fresh, med	3	Each
Oil, vegetable, low saturated fat, USDA	5	Tablespoon
Salt, table	0.25	Teaspoon

Nutrients

Nutrients	Per Serving
Basic Components	
Calories (kcal)	251.25
Calories from Fat (kcal)	123.80
Fat (g)	14.00
Calories from SatFat (kcal)	10.48
Saturated Fat (g)	1.16
Trans Fatty Acid (g)	0.35
Cholesterol (mg)	0
Carbohydrates (g)	34.25
Dietary Fiber (g)	2.47
Total Sugars (g)	16.11
Protein (g)	1.40
Vitamins	
Vitamin A - IU (IU)	1210.40
Vitamin C (mg)	19.76
Folate (mcg)	23.63
Minerals	
Calcium (mg)	3.29
Iron (mg)	0.65
Sodium (mg)	120.57

PATACONES

02/17/2015

Nutrition Facts	
Serving Size (121g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 34g	11%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 1g	
Vitamin A 25%	• Vitamin C 35%
Calcium 0%	• Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories. 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	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Spreadsheet: PATACONES

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	FatCals (kcal)	SatCals (kcal)	Prot (g)	Carb (g)	Fib (g)	SolFib (g)	Sugar (g)
PATACONES											
plantain, fresh, medium	0.6	Each	107.40	131.03	3.58	1.38	1.40	34.25	2.47	0.83	16.11
oil, vegetable, low saturated fat	1	Tablespoon	13.60	120.22	120.22	9.09	0	0	0	0	0
salt, table	0.05	Teaspoon	0.30	0	0	0	0	0	0	0	0
Total			121.30	251.25	123.80	10.48	1.40	34.25	2.47	0.83	16.11
PATACONES											
plantain, fresh, medium	-	-	15.67	0.40	0.15	0.03	0.07	0	0	70.11	1210.40
oil, vegetable, low saturated fat	0	0	0	13.60	1.01	3.09	8.86	0.35	0	0	0
salt, table	0	0	0	0	0	0	0	0	0	0.00	0
Total	0	0	15.67	14.00	1.16	3.13	8.93	0.35	0	70.11	1210.40

Spreadsheet: PATACONES

Spreadsheet cont.

Item Name	Fluor (mg)	Iodine (mcg)	Iron (mg)	Magn (mg)	Mang (mg)	Moly (mcg)	Phos (mg)	Pot (mg)	Sel (mcg)	Sod (mg)	Zinc (mg)
PATACONES											
plantain, fresh, medium	-	-	0.64	39.74	-	-	36.52	535.93	1.61	4.30	0.15
oil, vegetable, low saturated fat	-	-	0.00	0	-	-	0	0	0	0	0
salt, table	0.00	-	0.00	0.00	0.00	-	0	0.02	0.00	116.27	0.00
Total	0.00	--	0.65	39.74	0.00	--	36.52	535.95	1.61	120.57	0.15
PATACONES											
Item Name	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)	Chln (mg)						
PATACONES											
plantain, fresh, medium	0.03	0.05	0	0	14.50						
oil, vegetable, low saturated fat	1.01	7.85	0	0	-						
salt, table	0	0	0	0	0						
Total	1.03	7.90	0	0	14.50						

Female 21 Yrs. 5 ft. 2 in. 110.00 lb. Moderately Active BMI: 20.12

Diet

Item Name	Quantity	Measure
Day 1 (1/27/2015)		
Breakfast		
Perico	1 Serving	✓
Oil, olive, salad or cooking	0.66667	Tablespoon
Onion, white, fresh, med, whole, 2 1/2"	0.33333	Each
Peppers, sweet, bell, green, fresh, med, 2 1/2"	0.33333	Each
Garlic, cloves, fresh	0.66667	Each
Tomatoes, red, fresh, year round avg, lrg, 3", USDA	0.66667	Each
Egg, whole, raw, extra lrg	2	Each
Salt, table	0.33333	Teaspoon
Spice, pepper, black, ground	0.33333	Teaspoon
Coffee, brewed w/tap water	1	Cup ✓
Bread, wheat, slice	2	Slice ✓
Blackberries, fresh	1	Cup ✓
Morning Snack		
Oranges, all types, fresh, med, 2 5/8"	1	Each ✓
Trail Mix, trek, go raw, fruit & nut	0.5	Cup ✓
Lunch		
PABELLON	1 Serving	✓
Oil, olive, extra virgin	1	Tablespoon
Carrot, fresh	0.28571	Each

Diet cont.

✓	Item Name	Quantity	Measure	
	Celery, stalk, fresh, med	0.28571	Each	
	Onion, white, fresh, lrg, whole	0.28571	Each	
	Beef, flank steak, lean, raw, 0" trim	0.21429	Pound	
	Herb, bay leaf, dried	0.14286	Each	
	Peppers, sweet, bell, red, fresh, lrg, 3 3/4" x 3"	0.28571	Each	
	Garlic, cloves, fresh	0.57143	Each	
	Tomatoes, red, whole, med, cnd	4	Ounce-w...	
	Salt, table	0.14286	Teaspoon	
	Spice, pepper, black, ground	0.14286	Teaspoon	
	Beans, black, cnd	0.28571	Cup	
	Rice, white, long grain, unenrich, ckd	0.5	Cup	
	Afternoon Snack			
	Cheese, mozzarella, string, low moist, part skim, 6 pack	1	Each	✓
	Cracker, whole wheat	30	Each	✓
	Dinner			
	Spinach, baby, fresh	1	Cup	
	Cucumber, fresh,	0.5	Each	✓
	Mustard, yellow, prep	1	Tablespoon	✓
	Bread, wheat, slice	2	Slice	✓
	Cheese, Swiss, low fat, diced	2	Ounce-w...	✓
	Lunchmeat, turkey breast, low sod	2	Ounce-w...	✓
	Tomatoes, fresh, med	0.5	Medium	✓
☑	Day 2 (1/28/2015)			
	Breakfast			

Diet cont.

✓	Item Name	Quantity	Measure
	Yogurt, plain, low fat, 12g prot, 8oz cntr	1 Cup	✓
	Banana, fresh, med, 7" to 7 7/8" long	1 Each	✓
	Snack, granola, cinnamon almond, clusters	0.5 Cup	✓
	Coffee, brewed w/tap water	1 Cup	✓
	Bread, wheat, slice	1 Slice	✓
	☐ Morning Snack		
	Peanut Butter, rducd sod	1 Tablespoon	✓
	Apple, fresh, lrg 3 1/4", USDA	1 Each	✓
	☐ Lunch		
	☐ ENSALADA CAPRESE	1 Serving	✓
	Tomatoes, fresh, med	0.5 Medium	
	Herb, basil, leaf, fresh, chpd	0.25 Cup	
	Cheese, mozzarella, low moist, part skim	0.125 Pound	
	Oil, olive, extra virgin	0.0625 Cup	
	Salt, table	0.0625 Teaspoon	
	Spice, pepper, black, ground	0.5 Teaspoon	
	☐ Afternoon Snack		
	Carrot, baby, fresh	1 Cup	✓
	Pretzels, hard, whole wheat	1 Ounce-w...	✓
	☐ Dinner		
	☐ PATACONES	1 Serving	
	Plantain, fresh, med	0.6 Each	
	Oil, vegetable, low saturated fat, USDA	1 Tablespoon	

Diet cont:

✓	Item Name	Quantity	Measure
	└ Salt, table	0.05	Teaspoon
	└ Rice, brown, long grain, ckd	1	Cup ✓
	└ Mushrooms, brown, fresh, slices	1	Cup ✓
	└ Squash, zucchini, baby, lrg, fresh	1	Each ✓

Recommendations

Nutrients	Rcmd
Basic Components	
Calories (kcal)	2254.00
Calories from Fat (kcal)	631.12
Fat (g)	70.12
Calories from SatFat (kcal)	202.86
Saturated Fat (g)	22.54
Trans Fatty Acid (g)	
Cholesterol (mg)	300.00
Carbohydrates (g)	309.93
Dietary Fiber (g)	31.56
Total Sugars (g)	
Protein (g)	39.92
Vitamins	
Vitamin A - IU (IU)	
Vitamin C (mg)	75.00
Folate (mcg)	400.00
Minerals	
Calcium (mg)	1000.00
Iron (mg)	18.00
Sodium (mg)	2300.00

Weight Gain/Loss

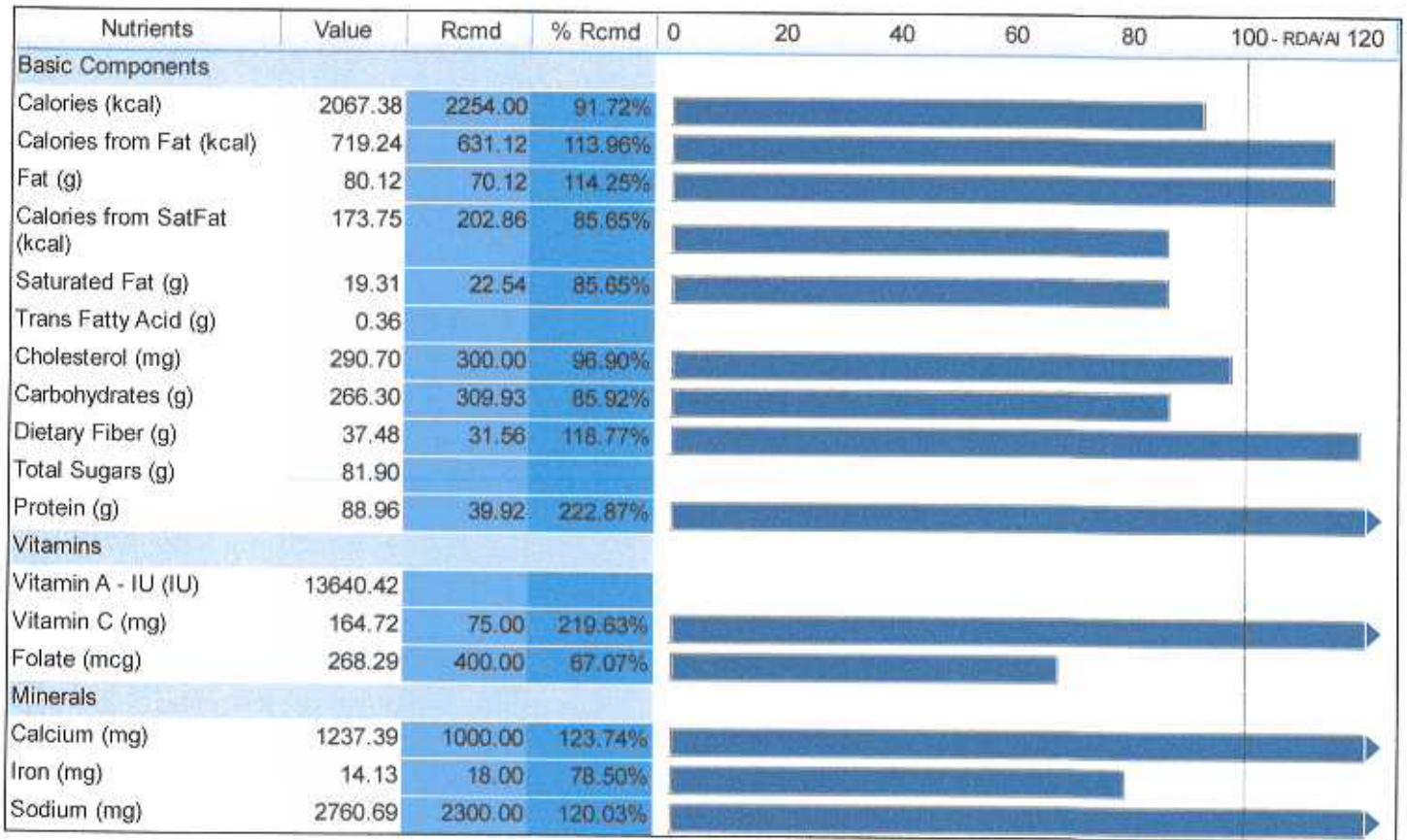
N/A	N/A
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Multi-Column

Nutrients	Value	Rcmd	% Rcmd
Basic Components			
Calories (kcal)	2067.38	2254.00	91.72%
Calories from Fat (kcal)	719.24	631.12	113.96%
Fat (g)	80.12	70.12	114.25%
Calories from SatFat (kcal)	173.75	202.86	85.65%
Saturated Fat (g)	19.31	22.54	85.65%
Trans Fatty Acid (g)	0.36		
Cholesterol (mg)	290.70	300.00	96.90%
Carbohydrates (g)	266.30	309.93	85.92%
Dietary Fiber (g)	37.48	31.58	118.77%
Total Sugars (g)	81.90		
Protein (g)	88.96	39.92	222.87%
Vitamins			
Vitamin A - IU (IU)	13640.42		
Vitamin C (mg)	164.72	75.00	219.63%
Folate (mcg)	268.29	400.00	67.07%
Minerals			
Calcium (mg)	1237.39	1000.00	123.74%
Iron (mg)	14.13	18.00	78.50%
Sodium (mg)	2760.69	2300.00	120.03%

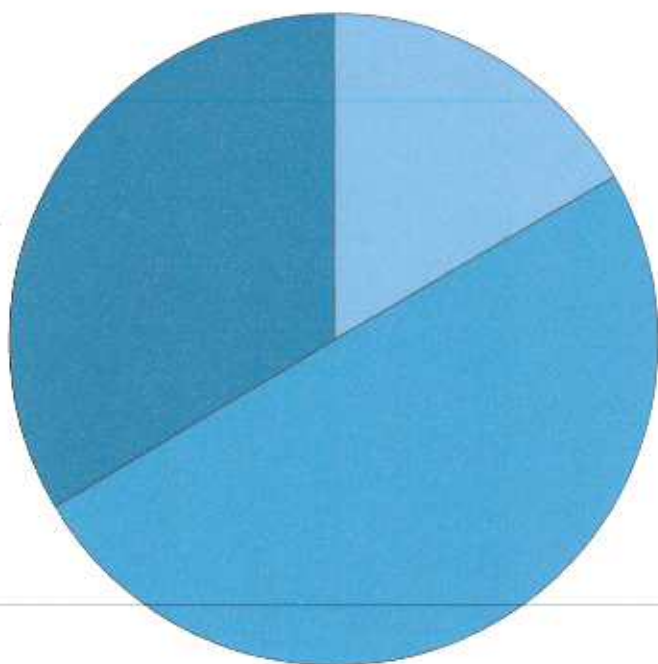
Bar Graph - RDA/AI: Shannon Cruz | All Days

Bar Graph



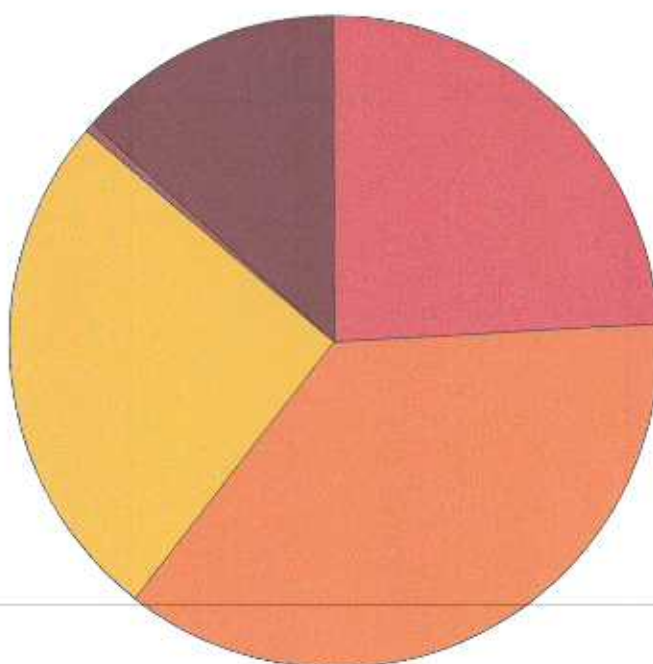
Source of Total Calories

Protein	16.6 %	✓
Carbohydrates	49.7 %	✓
Fat	33.7 %	✓
Alcohol	0 %	✓



Source of Calories from Fat

Saturated Fat (7-10%)	8.1 %
Mono Fat (10-15%)	12.2 %
Poly Fat (up to 10%)	8.7 %
Trans Fatty Acid	0.1 %
Other	4.5 %



MyPlate

Shannon Cruz | All Days

Female

Age: 21 Yrs.

Height: 5 ft. 2 in.

Weight: 110.00 lb.

Moderately Active

BMI: 20.12



My Plate - Intake vs Recommendation 2200 Calories Pattern

Group	Percent of Rec.	Comparison	Amount (Daily)
Grain Total Intake	110 %		7.68 oz equivalent
Grain Total Recommended			7 oz equivalent
Vegetable Total Intake	117 %		3.52 cup equivalent
Vegetable Total Recommended			3 cup equivalent
Fruit Intake	132 %		2.63 cup equivalent
Fruit Recommended			2 cup equivalent
Dairy Intake	80 %		2.39 cup equivalent
Dairy Recommended			3 cup equivalent
Protein Total Intake	59 %		3.53 oz equivalent
Protein Total Recommended			6 oz equivalent

Make at least half your grains whole grains.

Vary the vegetables that you eat:

- Dark Green Vegetables = 3.00 cups weekly
- Red & Orange Vegetables = 2.00 cups weekly
- Beans and Peas = 3.00 cups weekly
- Starchy Vegetables = 6.00 cups weekly
- Other Vegetables = 7.00 cups weekly

Spreadsheet: Shannon Cruz | All Days

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	FatCals (kcal)	Fat (g)	SatCals (kcal)	SatFat (g)	TransFat (g)
Shannon Cruz								
Day 1 (1/27/2015)			2395.26	851.90	94.82	187.08	20.79	0.35
Breakfast			509.95	203.59	22.78	47.87	5.32	0.06
+ Perico			289.06	178.86	20.03	43.46	4.83	0.04
- Coffee, brewed w/tap water			2.37	0.43	0.05	0.04	0.00	0
- Bread, wheat, slice			156.60	17.96	2.00	4.19	0.47	0.02
- Blackberries,			61.92	6.35	0.71	0.18	0.02	0
Morning Snack			361.57	199.41	22.16	27.18	3.02	0
- Oranges, all types, fresh, med,			61.57	1.41	0.16	0.18	0.02	0
- Trail Mix, trek, go raw, fruit & nut			300.00	198.00	22.00	27.00	3.00	0
Lunch			488.74	179.02	19.89	36.71	4.08	0
+ PABELLON CRIOLLO			488.74	179.02	19.89	36.71	4.08	0
Afternoon Snack			659.26	215.99	24.00	52.62	5.85	0.27
- Cheese, mozzarella, string, low moist, part skim, 6 pack			70.00	40.50	4.50	27.00	3.00	-
- Cracker, whole wheat			589.26	175.49	19.50	25.62	2.85	0.27
Dinner			375.74	53.89	5.99	22.70	2.52	0.02
- Spinach, baby, fresh			10.00	0	0	0	0	0
- Cucumber, fresh, med			22.73	0	0	0	0	0
- Mustard, yellow, prep			10.05	5.41	0.60	0.33	0.04	0.00
- Bread, wheat, slice			156.60	17.96	2.00	4.19	0.47	0.02
- Cheese, Swiss, low fat, diced			98.09	26.02	2.89	16.86	1.87	-
- Lunchmeat, turkey breast, low			65.77	4.49	0.50	1.31	0.15	0
- Tomatoes, fresh, med			12.50	0	0	0	0	0

Spreadsheet: Shannon Cruz | All Days

Spreadsheet cont.

Item Name	Chol (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Folate (mcg)
Shannon Cruz								
Day 1 (1/27/2015)	536.70	280.25	47.32	61.29	123.42	7538.46	259.50	359.90
Breakfast	416.64	54.47	12.63	16.30	24.39	2076.70	82.21	172.00
Perico	416.64	11.94	2.99	6.14	16.09	1767.38	51.85	81.96
Coffee, brewed w/tap water	0	0	0	0	0.28	0	0	4.74
Bread, wheat, slice	0	28.69	2.44	3.53	6.01	1.16	0.12	49.30
Blackberries,	0	13.84	7.20	6.63	2.00	308.16	30.24	36.00
Morning Snack	0	37.39	7.14	22.25	11.23	294.75	72.09	39.30
Oranges, all types, fresh, med,	0	15.39	3.14	12.25	1.23	294.75	69.69	39.30
Trail Mix, trek, go raw, fruit & nut	0	22.00	4.00	10.00	10.00	0	2.40	-
Lunch	60.26	47.99	6.96	10.17	28.91	3190.14	77.10	53.94
PABELLON CRIOLLO	60.26	47.99	6.96	10.17	28.91	3190.14	77.10	53.94
Afternoon Snack	15.00	96.98	14.21	1.64	20.60	200.00	0	38.64
Cheese, mozzarella, string, low moist, part skim, 6 pack	15.00	1.00	0	0	6.00	200.00	0	-
Cracker, whole wheat	0	95.98	14.21	1.64	14.60	0	0	38.64
Dinner	44.79	43.42	6.37	10.93	38.29	1776.88	28.09	56.02
Spinach, baby, fresh	0	2.57	1.14	0	0.57	857.14	3.43	-
Cucumber, fresh, med	0	4.55	1.52	3.03	1.52	303.03	9.09	-
Mustard, yellow, prep	0	0.80	0.50	0.13	0.66	10.65	0.23	1.05
Bread, wheat, slice	0	28.69	2.44	3.53	6.01	1.16	0.12	49.30
Cheese, Swiss, low fat, diced	19.84	1.93	0	0.75	16.10	86.18	0	3.40
Lunchmeat, turkey breast, low	24.95	2.39	0.28	1.99	12.93	18.71	3.23	2.27
Tomatoes, fresh, med	0	2.50	0.50	1.50	0.50	500.00	12.00	-

Spreadsheet cont.

Item Name	Calc (mg)	Iron (mg)	Sod (mg)
Shannon Cruz			
Day 1 (1/27/2015)	1417.87	21.05	4201.29
Breakfast	221.38	5.62	1250.79
Perico	94.84	2.66	943.60
Coffee, brewed w/tap water	4.74	0.02	4.74
Bread, wheat, slice	80.04	2.04	301.02
Blackberries,	41.76	0.89	1.44
Morning Snack	132.40	2.29	10.00
Oranges, all types, fresh, med,	52.40	0.13	0
Trail Mix, trek, go raw, fruit & nut	80.00	2.16	10.00
Lunch	118.82	4.13	664.00
PABELLON CRIOLLO	118.82	4.13	664.00
Afternoon Snack	249.68	4.61	1171.52
Cheese, mozzarella, string, low moist, part skim, 6 pack	200.00	0	200.00
Cracker, whole wheat	49.68	4.61	971.52
Dinner	695.60	4.40	1104.98
Spinach, baby, fresh	17.14	0.77	38.57
Cucumber, fresh, med	30.30	0.55	0
Mustard, yellow, prep	8.70	0.23	170.25
Bread, wheat, slice	80.04	2.04	301.02
Cheese, Swiss, low fat, diced	544.88	0.10	147.42
Lunchmeat, turkey breast, low	4.54	0.36	437.72
Tomatoes, fresh, med	10.00	0.36	10.00

Spreadsheet: Shannon Cruz | All Days

Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	FatCals (kcal)	Fat (g)	SatCals (kcal)	SatFat (g)	TransFat (g)
<input type="checkbox"/> Day 2 (1/28/2015)			1739.50	586.57	65.42	160.42	17.82	0.36
<input type="checkbox"/> Breakfast			582.46	128.90	14.32	52.65	5.85	0.01
Yogurt, plain, low fat, 12g prot, 8oz cntr	1 Cup		154.35	34.18	3.80	22.05	2.45	—
Banana, fresh, med, 7" to 7 7/8" long	1 Each		105.02	3.50	0.39	1.19	0.13	0
Snack, granola, cinnamon almond, clusters	0.5 Cup		242.42	81.82	9.09	27.27	3.03	—
Coffee, brewed w/tap water	1 Cup		2.37	0.43	0.05	0.04	0.00	0
Bread, wheat, slice	1 Slice		78.30	8.98	1.00	2.10	0.23	0.01
<input type="checkbox"/> Morning Snack			210.36	75.27	8.36	11.67	1.30	0
Peanut Butter, rducd sod	1 Tablespoon		94.40	71.86	7.98	11.11	1.23	—
Apple, fresh, lrg 3 1/4", USDA	1 Each		115.96	3.41	0.38	0.56	0.06	0
<input type="checkbox"/> Lunch			303.82	234.95	26.11	80.82	8.98	0
<input type="checkbox"/> ENSALADA CAPRESE	1 Serving		303.82	234.95	26.11	80.82	8.98	0
<input type="checkbox"/> Afternoon Snack			155.96	6.63	0.74	1.43	0.16	0
Carrot, baby, fresh	1 Cup		53.33	0	0	0	0	0
Pretzels, hard, whole wheat	1 Ounce-w...		102.63	6.63	0.74	1.43	0.16	—
<input type="checkbox"/> Dinner			486.90	140.82	15.89	13.84	1.54	0.35
<input type="checkbox"/> PATACONES	1 Serving		251.25	123.80	14.00	10.48	1.16	0.35
Rice, brown, long grain, ckd	1 Cup		216.45	15.79	1.75	3.16	0.35	0
Mushrooms, brown, fresh, slices	1 Cup		15.84	0.65	0.07	0.09	0.01	0
Squash, zucchini, baby, lrg, fresh	1 Each		3.36	0.58	0.06	0.12	0.01	0
Average			2067.38	719.24	80.12	173.75	19.31	0.36
% Recommendation			91.72	113.96	114.25	85.65	85.65	

Spreadsheet: Shannon Cruz | All Days

Spreadsheet cont.

Item Name	Chol (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Folate (mcg)
Day 2 (1/28/2015)	44.70	252.35	27.64	102.52	54.50	19742.37	69.95	176.69
Breakfast	14.70	94.91	8.83	51.62	21.99	201.05	12.28	79.94
Yogurt, plain, low fat, 12g prot, 8oz cntr	14.70	17.25	0	17.25	12.86	124.95	1.96	26.95
Banana, fresh, med, 7" to 7 7/8" long	0	26.95	3.07	14.43	1.29	75.52	10.27	23.60
Snack, granola, cinnamon almond, clusters	-	36.36	4.55	18.18	4.55	-	0	-
Coffee, brewed w/tap water	0	0	0	0	0.28	0	0	4.74
Bread, wheat, slice	0	14.34	1.22	1.76	3.01	0.58	0.06	24.65
Morning Snack	0	34.29	6.41	24.66	4.42	120.42	10.26	21.41
Peanut Butter, rducd sod	0	3.49	1.06	1.49	3.84	0	0	14.72
Apple, fresh, lrg 3 1/4", USDA	0	30.80	5.35	23.17	0.58	120.42	10.26	6.69
Lunch	30.00	5.52	0.96	1.54	14.95	1465.43	13.91	7.40
ENSALADA CAPRESE	30.00	5.52	0.96	1.54	14.95	1465.43	13.91	7.40
Afternoon Snack	0	35.02	4.85	6.67	4.48	16666.67	8.28	15.31
Carrot, baby, fresh	0	12.00	2.67	6.67	1.33	16666.67	8.00	-
Pretzels, hard, whole wheat	0	23.02	2.18	-	3.15	0	0.28	15.31
Dinner	0	82.62	6.59	18.03	8.66	1288.80	25.22	52.63
PATAGONES	0	34.25	2.47	16.11	1.40	1210.40	19.76	23.63
Rice, brown, long grain, ckd	0	44.77	3.51	0.68	5.03	0	0	7.80
Mushrooms, brown, fresh, slices	0	3.10	0.43	1.24	1.80	0	0	18.00
Squash, zucchini, baby, lrg, fresh	0	0.50	0.18	-	0.43	78.40	5.46	3.20
Average	290.70	266.30	37.48	81.90	88.96	13640.42	164.72	268.29
% Recommendation	96.90	85.92	118.77		222.87		219.63	67.07

Spreadsheet cont.

Item Name	Calc (mg)	Iron (mg)	Sod (mg)
Day 2 (1/28/2015)	1056.91	7.21	1320.08
Breakfast	529.31	3.18	456.71
Yogurt, plain, low fat, 12g prot, 8oz cntr	448.35	0.20	171.50
Banana, fresh, med, 7" to 7 7/8" long	5.90	0.31	1.18
Snack, granola, cinnamon almond, clusters	30.30	1.64	128.79
Coffee, brewed w/tap water	4.74	0.02	4.74
Bread, wheat, slice	40.02	1.02	150.51
Morning Snack	19.94	0.57	34.71
Peanut Butter, rducd sod	6.56	0.30	32.48
Apple, fresh, lrg 3 1/4", USDA	13.38	0.27	2.23
Lunch	433.94	0.81	575.99
ENSALADA CAPRESE	433.94	0.81	575.99
Afternoon Snack	34.60	0.76	117.55
Carrot, baby, fresh	26.67	0	60.00
Pretzels, hard, whole wheat	7.94	0.76	57.55
Dinner	39.11	1.88	135.12
PATAGONES	3.29	0.65	120.57
Rice, brown, long grain, ckd	19.50	0.82	9.75
Mushrooms, brown, fresh, slices	12.96	0.29	4.32
Squash, zucchini, baby, lrg, fresh	3.36	0.13	0.48
Average	1237.39	14.13	2760.69
% Recommendation	123.74	78.50	120.03

Nutrient Evaluation

Introduction

The following information represents Shannon Cruz's nutritional status after consuming the two-day meal plan created for her as well as our suggestions on how to increase nutritional balance.

TABLE 1

	Profile RDA	Actual	Difference
Calories	2254	2067	91.72%
Fat (g)	70.12	80.12	114.25%
Sat Fat (g)	22.54	19.31	85.65%
Trans Fat (g)	0	0.36	
Cholesterol (mg)	300	290.70	96.90%
Sodium	2300	2760.69	120.03%
Carbohydrates (g)	309.93	266.30	85.92%
Dietary Fiber (g)	31.56	37.48	118.77%
Protein (g)	39.92	88.96	222.87%
Folate (mcg)	400	268.29	67.07%
Vit A (IU)		13640.42	
Vit C (mg)	75	164.72	219.65%
Calcium (mg)	1000	1237.39	123.74%
Iron (mg)	18	14.13	78.50%

Things excellent

Calories

Shannon's average caloric intake over the two days was 2067.38 kcal/day. It is recommended that she consume 2254 kcal/day. Since Shannon's goal is to maintain her current weight, we do not want her calories to dip below the recommendation. We would modify her plan to incorporate more calories. For example, since she is also lacking in carbohydrates (see Table 1 above) we could include another 1/2 serving- a serving of

But remember FP = Average so she looks ok.

Since yours were only for 2 days, do you think ave. = good

✓
brown rice to her Day 2 dinner. It is important for individuals to consume the adequate amount of calories per day in order to maintain nutrient levels and energy balance.

How would that affect her % cal?

Fat

✓
Shannon's average fat intake over the two-day period was 80.12 grams. It is recommended that she take in 70.12 grams of fat. Her calories from fat were 719.24 and recommended 631.12 calories from fat. Excessive fat consumption can be detrimental to cardiovascular health and lead to hypertension (Whitney & Rolfes, 2012). The meal plan items that contributed to high-fat intake were the granola, trail mix, peanut butter, and Patacones among others. In order to reduce Shannon's risk of cardiovascular complications we suggest possibly baking the Patacones instead of frying in vegetable oil as well as reducing the portion sizes of trail mix and granola.

Yay!

but that's upper limit

Saturated Fat

Shannon's average intake of saturated fat was 19.31 grams and the recommended amount is 22.54 grams. Although Shannon's intake was below the recommended saturated fat amount, we will not suggest increasing the levels due to saturated fat's ability to raise blood cholesterol levels (Whitney & Rolfes, 2012). 😊

Trans Fat

✓
There is no recommended value for Trans Fats in an individual's diet. Shannon remained relatively low in trans fats with a two-day average of only 0.36 grams. We feel that with an amount that low Shannon is not at risk for any cardiovascular health issues and we do not suggest adjusting her meal plan in regards to trans fats.

Cholesterol

✓
Shannon's average intake of cholesterol was 290.7 mg/day and the recommended value is 300 mg/day. We do not plan on making any dietary changes to increase to the

Beautiful!

recommended 300 mg since the human body naturally produces endogenous cholesterol and Shannon is very close to the maximum amount.

Sodium

Shannon's average intake of sodium was 2760.69 mg/ day. Since the maximum recommended intake for sodium is 2300 mg/day, we will not provide changes to increase this mineral in her meal plan and instead we recommend reducing her sodium intake. High levels of sodium in the body can cause electrolyte imbalance and also lead to hypertension ((Whitney & Rolfes, 2012). To help reduce the sodium intake levels we suggest minimizing the amount of added salt to the four recipes. Instead of using 1 teaspoon of salt for the Pabellon Crillo recipe Shannon can use other spices like cayenne pepper, onion powder, or even lemon juice.

Carbohydrates

Shannon's intake of carbohydrates was at about 86% of what she actually needs. She consumed an average of 266.30 grams of carbohydrates and her recommended intake is 309.93 g/day. Carbohydrates are the *only* source of energy the brain can utilize and are the preferred source of energy needed by the entire body. For this important reason, we would make the following adjustments to Shannon's meal plan: additional slice of whole wheat bread to Day 2 breakfast, addition of 1 serving whole wheat pasta to Day 2 lunch. If we kept Shannon on a "low carbohydrate" plan, she runs the risk of fat being broken down for energy instead, which can produce harmful ketone acids in the blood (Gropper & Smith, 2013).

Dietary Fiber

High fiber intake from food sources is beneficial for adequate digestion, colon health, and to lower blood cholesterol levels (Gropper & Smith, 2013). Shannon's intake

met the necessary requirements with an average intake of 37.48 grams/day and the recommended amount being 31.56 g/day. Since Shannon is receiving fiber from food sources we are not going to make any changes. However, as excess fiber may cause an upset stomach, we will suggest a high intake of water for balance and to prevent any possible digestive issues.

*Good
recommendations*

Protein

Shannon's average intake of protein was 88.96g/day and the recommended amount is 39.92 g/day. This puts Shannon at 222.87% of her recommended daily value.

Protein helps to build and repair muscles as well as contributes to various metabolic functions in the body making it an essential macronutrient to consume. However, an excess amount can cause complications. The human body can only process so much protein before it begins to convert the excess into fat and store it. To lower Shannon's protein intake we would suggest the following changes to her plan: smaller portion size of Pabellon Criollo on Day 1 lunch or even making the recipe meatless and adding more vegetables instead to reduce her protein intake. Also, we could eliminate or reduce the amount of Swiss cheese on Shannon's Day 1 sandwich at dinner which contributed 16

*Do bean
sand*

grams of protein. Additionally, the Perico dish contributed 16 grams of protein so we can suggest using less than the recommended 6 eggs when making this recipe to lower the protein content.

Folate

Folate is a very important micronutrient to consume, especially for women of child-bearing age as it helps prevent birth defects such as Spina Bifida. Shannon consumed 268.29 mcg on average over the two days and the recommended amount is 400 mcg. Food sources high in folate include fortified grain products, dark leafy greens (i.e.

broccoli, spinach, collard greens) citrus, and beans (Rosenbloom, 2012). In order to increase her folate intake, we suggest adding a serving of broccoli to her Day 2 dinner as well as increasing her serving of spinach to 1.5 cups on her sandwich for dinner Day 1.

Vitamins A and C

The RDA is set high for vitamin A in order to encompass a majority of the population so it is sufficient to be below 100% of the RDA. Shannon took in 13640.42 IU. Since beta-carotene (vitamin A) is not converted efficiently in the body in order to cause toxicity, high amounts of this vitamin from fruits and vegetables have not been shown to cause harm. For this reason, we do not suggest any changes regarding her vitamin A intake at this time (Whitney & Rolfes, 2012). In regards to vitamin C, Shannon consumed an average of 164.72 mg/day with the recommendation being 75 mg/day. Given that Shannon consumed this excess amount from food sources as well as the fact that vitamin C is water-soluble we are not concerned with the high intake. Furthermore, vitamin C has strong antioxidant properties and promotes iron absorption and wound healing (Gropper & Smith, 2013). For the aforementioned reasons, we do not suggest any changes to Shannon's meal plan in regards to vitamin C at this time.

Impressive

Exactly!

Agreed.

Calcium

Shannon's calcium intake was 1237.30 mg/day and the recommendation is 1000 mg/day. We will not make any changes to Shannon's meal plan regarding calcium. Calcium plays various vital important roles in the body. For example, calcium assists in bone formation, nerve stimulation, muscle contraction, secretion of hormones, and maintenance of blood pressure, etc. (Whitney & Rolfes, 2012). In addition, bone loss begins to occur after age 30 (Whitney & Rolfes, 2012). In order for Shannon to build

bone mass and to prevent a reduction she needs calcium from her diet. Additional food sources high in calcium include almonds and spinach (Rosenbloom, 2012).

Iron

Shannon's average two-day intake of iron was 14.13 mg/day and the recommendation for her was 18 mg/day. Iron helps in the formation of new cells, amino acids, hormones, and neurotransmitters (Whitney & Rolfes, 2012). It is important to maintain adequate iron intake to prevent fatigue and mental impairment associated with deficiency, which is more common in women due to loss from menstruation (Rosenbloom, 2012). To increase Shannon's intake of iron we suggest an addition of broccoli to her Day 2 dinner. Beyond dark leafy greens, other examples of food sources high in iron include red meat, egg yolks, and whole grains (Rosenbloom, 2012).

Bravo!

References

nice!

- ✓ Gropper, S. & Smith, J. (2013). *Advanced Nutrition and Human Metabolism* (6th ed.)
Boston: Cengage Learning.
- ✓ Rosenbloom, C.A. & Coleman, E.J. (Eds.). (2012). *Sports Nutrition: A practice manual for professionals* (5th ed.). United States of America: Academy of Nutrition and Dietetics
- ✓ Whitney, E., & Rolfes, S. (2012). *Understanding Nutrition* (13th ed.). Boston: Cengage Learning.

MEAL PLAN COST SHEET

Recipe:	C	D	E	F	G	H	I	J	K	L
Perico	DESCRIPTION	AMOUNT NEEDED QUANTITY	UNIT	MARKET UNIT QUANTITY	MARKET UNIT SIZE UNIT	#/MARKT UNIT (F/D)	Mkt. Unit Cost	Ingred. Cost 1/H	Total recipe Cost	Cost/serv. K/# serv
Olive oil		2	tbs	17	fl oz	17	\$ 5.79			
		1	fl oz	17	fl oz	17	\$ 5.79	\$ 0.34		
									(Sum of J)	\$6.77
										\$2.26
Onion	white, fresh, medium	1	each	1	each		\$ 1.12			
		1	each	1	each		\$ 1.12	\$ 1.12		
Peppers	sweet, bell, medium green	1	each	1	each		\$ 1.20			
		1	each	1	each		\$ 1.20	\$ 1.20		
Tomatoes	red, fresh	2	each	1	lb		\$ 2.99			
		0.66	lb	1	lb		\$ 2.99	\$ 1.97		
Eggs	whole, extra large	6	each	1	dozen		\$ 3.59			
		0.5	dozen	1	dozen		\$ 3.59	\$ 1.80		
Salt	table	1	tsp	2	ounces		\$ 1.99			
		0.17	ounce	2	ounces		\$ 1.99	\$0.17		
Pepper	black, ground	1	tsp	2	ounces		\$ 1.99			
		0.17	tsp	2	ounces		\$ 1.99	\$0.17		
	garlic olive?									

SHOW WORK HERE

MEAL PLAN COST SHEET

*Incorrect file difference
with a val table of 0.0514
with a val table of 0.0514*

Recipe: Pabellon Crillo												
PRODUCT	DESCRIPTION	AMOUNT NEEDED QUANTITY	UNIT	MARKET UNIT QUANTITY	MARKET UNIT SIZE UNIT	#/MARKET UNIT (T/D)	Unit Cost	Unit Cost	Ingrd. Cost /H	Total recipe Cost	Cost/serv K/# serv	
olive oil	extra virgin	7	tbbsp	17	oz	4.857143	\$ 5.49	\$ 1.13		(Sum of J)	\$3.56	
Carrots	fresh	3.5	oz	17	oz	0.50	\$ 0.17	\$ 0.34				
Celery	fresh, stalk	2	each	1	each	0.50	\$ 1.00	\$ 2.00		<i>Chuck again</i>		
Onion	fresh, white	2	each	1	each	0.50	\$ 1.12	\$ 2.24				
Bay leaf	dry	1	each	0.75	oz							
Bell pepper	red	0.75	oz	75	oz	100.00	\$ 4.86	\$ 0.05				
Beef flank	raw, steak	2	each	1	each	0.50	\$ 1.20	\$ 2.40				
Garlic	cloves, fresh	1.5	lbs	1	lbs	0.666667	\$ 7.69	\$ 11.54				
Rice	White, long grain	4	each	1	lb	0.25						
		0.07	lb	1	lb	14.28571	\$ 0.60	\$ 0.04				
		3.5	cups	16	oz							
		28	oz	16	oz	0.57	\$ 2.19	\$ 3.83				
Black beans	canned	2	cups	15	oz							
		19	oz	15	oz	0.79	\$ 1.00	\$ 1.27				
Black pepper	ground	1	tsp	8	oz							
		0.17	oz	8	oz	47.06	\$ 4.99	\$ 0.11				
Salt	table	1	tsp	26	oz							
		0.17	oz	26	oz	152.94	\$ 0.89	\$ 0.01				
Tomatoes	red whole, canned	28	oz	14.5	oz	0.52	\$ 0.89	\$ 1.72				

SHOW WORK HERE

MEAL PLAN COST SHEET

Recipe:		D	E	F	G	H	I	J	K	L
Ensalada Caprese		AMOUNT NEEDED	UNIT	MARKET QUANTITY	MARKET UNIT SIZE	#/MARKET UNIT (F/D)	Mkt. Unit Cost	Ingrd. Cost 1/H	Total recipe Cost	Cost/serv.
PRODUCT	DESCRIPTION	QUANTITY	UNIT	QUANTITY	UNIT	(F/D)	Cost	1/H	Cost	Cost/serv.
Mozzarella cheese	low-moist, part-skim	0.5	lb	1	lb		\$ 4.99	✓	\$ 2.50	(Sum of J)
Tomatoes	fresh, medium	2	ea	1	lb		\$ 2.99		\$ 1.97	
Basil	fresh, chopped	1	cup	2	cup		\$ 2.99		\$ 1.50	
Salt	table	0.25	tsp	2	ounces		\$ 1.99		\$ 0.04	
Pepper	black, ground	2	tsp	2	ounces		\$ 1.99		\$ 0.328	
Olive Oil	extra virgin	0.25	cup	17	fl oz		\$ 5.79		\$ 0.68	

SHOW WORK HERE

✓ this is good

MEAL PLAN COST SHEET

Recipe: Patacones		C	D	E	F	G	H	I	J	K	L
PRODUCT	DESCRIPTION	AMOUNT NEEDED QUANTITY	UNIT	MARKET UNIT SIZE QUANTITY	UNIT	#/MARKET UNIT (F/D)	Mkt. Unit Cost	Ingred. Cost I/H	Total recipe Cost	Cost/serv. K/# serv.	
plantains	fresh, medium, green	3	each	1	each	0.3333333	\$ 0.32	\$ 0.96	\$1.19	\$0.24	
oil	vegetable, low saturated fat	5	tbs	128	fl oz		\$ 9.89	\$ 0.19		(C)	
salt	table	0.25	tsp	2	ounces		\$ 1.99				
		0.042	ounces	2	ounces		\$ 1.99	\$ 0.04			

SHOW WORK HERE

MEAL PLAN COST SHEET

Converted - not the same.

Day 1	C	D	E	F	G	H	I	J	K	L
PRODUCT	DESCRIPTION	AMOUNT NEEDED QUANTITY	UNIT	MARKET UNIT QUANTITY	MARKET UNIT SIZE UNIT	#/MARKT UNIT (F/D)	Mkt. Unit Cost	Ingred. Cost T/H	Total recipe Cost	Cost/serv. K/# serv
Perico		1	cup							
Toast	whole wheat bread	2	slices	16	ounces		\$ 1.99	\$2.26 ✓	\$22.45	#REF!
		2	ounces	16	ounces	8.00	\$ 1.99	\$0.25 ✓		
Blackberries	fresh	1	cup	6	ounces		\$ 4.39			
		8	ounces	6	ounces	0.75	\$ 4.39	\$5.85 ✓		
Coffee	black, grinds	6	ounces	11.5	ounces	1.92	\$ 2.49	\$1.30 ✓		
Orange	fresh	1	each	1	each	1.00	\$ 0.85	\$0.85 ✓		
Trail Mix	fruit and nuts	0.5	cup	9.75	ounces	19.50	\$ 5.25	\$0.27 ✓		
		4	ounces	9.75	ounces	2.44	\$ 5.25	\$2.15 ✓		
Pabellon		1	serving					\$3.57 ✓		
String chees	part-skim mozzarella	1	each	1	ounce					
		1	ounce	1	ounce	1.00	\$ 0.54	\$0.54 ✓		
Crackers	whole wheat	30	each	8.5	ounces		\$ 2.19			
		0.13	ounces	8.5	ounces	65.38	\$ 2.19	\$0.03 ✓		
Bread	whole wheat bread	2	slices	16	ounces		\$ 1.99	\$0.25 ✓		
		2	ounces	16	ounces	8.00	\$ 1.99			
Turkey	deli turkey breast, low sodium	2	ounces	10	ounces	5.00	\$ 6.59	\$1.32 ✓		
Spinach	baby, fresh	1	cup	9	ounces		\$ 2.19			
		1	cup	9	ounces		\$ 2.19			
Cucumber	fresh, medium	0.5	each	1	each	2.00	\$ 1.20	\$0.60 ✓		
Tomato	fresh, medium	0.5	each	1	each	2.00	\$ 0.82	\$0.41 ✓		
Mustard	yellow	1	tbs	20	ounces		\$ 1.00			
		0.5	ounces	20	ounces	40.00	\$ 1.00	\$0.03 ✓		
Cheese	Swiss, low fat	2	ounces	8	ounces	4.00	\$ 3.29	\$0.82 ✓		

convert cups to cups

(Sum of J)

MEAL PLAN COST SHEET

Day 2

PRODUCT	DESCRIPTION	AMOUNT NEEDED QUANTITY	UNIT	MARKET UNIT SIZE QUANTITY	UNIT	#/MARKT UNIT (F/D)	MARKT UNIT Cost	Mkt. Unit Cost	Ingred. Cost 1/H	Total recipe Cost	Cost/serv. K/# serv
Yogurt	Plain, low-fat	1	cup	32	oz					(Sum of J)	####
Banana	fresh, medium	8	oz	32	oz	4		\$ 2.99	\$ 0.75		
		1	each	1	each						
Granola	Original cinnamon	1	each	1	each	1.00		\$ 0.32	\$ 0.32		
		0.5	cup	11.2	oz						
Coffee	black grind	4	oz	11.2	oz	2.80		\$ 4.69	\$ 1.68		
Bread	whole- wheat	6	oz	11.5	oz	1.92		\$ 2.49	\$ 1.30		
		1	slice	16	oz						
apple	fresh, large	1	oz	16	oz	16.00		\$ 1.99	\$ 0.12		
		1	each	1	each						
Peanut butter	reduced sodium	1	each	1	each	1.00		\$ 0.85	\$ 0.85		
		1	thbsp	16	oz	16.00					
		0.5	oz	16	oz	32.00		\$ 2.79	\$ 0.09		
Ensalada Caprese		1	oz	16	oz						
		1	serving						\$ 1.75		
Carrots	fresh, baby	1	cup	32	oz						
		8	oz	32	oz	4.00		\$ 2.50	\$ 0.63		
Pretzel	whole	1	oz	16	oz						
		1	oz	16	oz	16.00		\$ 2.50	\$ 0.16		
Patacones		1	serving						\$ 0.24		
Brown Rice	cooked, long grain	1	cup	32	oz	32.00					
		8	oz	32	oz	4.00		\$ 3.09	0.77		
Mushrooms	brown, fresh, portabella	1	cup	8	oz						
		1	oz	8	oz	8.00		\$ 3.09	\$ 0.39		
Zucchini	baby, fresh	1	each	1	each	1.00		\$ 0.72	\$ 0.72		
		1	each	1	each						



Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, January 2015 ¹

Age-gender groups	Weekly cost ²				Monthly cost ²			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
Individuals ³								
Child:								
1 year	\$22.00	\$29.90	\$33.80	\$41.20	\$95.50	\$129.70	\$146.40	\$178.40
2-3 years	\$24.00	\$30.90	\$37.20	\$45.40	\$104.10	\$134.00	\$161.10	\$196.70
4-5 years	\$25.40	\$32.00	\$39.70	\$48.20	\$110.10	\$138.50	\$172.10	\$209.00
6-8 years	\$32.50	\$45.50	\$54.20	\$63.90	\$141.00	\$197.30	\$234.90	\$277.00
9-11 years	\$36.80	\$48.30	\$62.80	\$73.20	\$159.40	\$209.10	\$272.30	\$317.00
Male:								
12-13 years	\$39.20	\$55.60	\$69.70	\$81.90	\$169.90	\$240.90	\$302.10	\$354.70
14-18 years	\$40.40	\$56.50	\$72.00	\$83.10	\$175.00	\$244.80	\$311.90	\$359.90
19-50 years	\$43.60	\$56.40	\$70.80	\$87.00	\$189.10	\$244.50	\$306.60	\$377.10
51-70 years	\$39.70	\$53.20	\$66.30	\$80.00	\$172.20	\$230.40	\$287.40	\$346.60
71+ years	\$40.00	\$52.70	\$65.40	\$80.90	\$173.40	\$228.40	\$283.30	\$350.50
Female:								
12-13 years	\$39.20	\$48.00	\$57.90	\$71.00	\$169.80	\$207.90	\$251.10	\$307.80
14-18 years	\$38.60	\$48.20	\$58.30	\$71.80	\$167.10	\$208.90	\$252.50	\$311.30
19-50 years	\$38.70	\$49.00	\$60.40	\$77.10	\$167.60	\$212.30	\$261.80	\$334.10
51-70 years	\$38.30	\$47.70	\$59.20	\$71.40	\$165.80	\$206.50	\$256.70	\$309.60
71+ years	\$37.50	\$47.30	\$58.80	\$70.80	\$162.50	\$205.00	\$254.80	\$306.90
Families								
Family (Male & Female) of 2: ⁴								
19-50 years	\$90.60	\$115.90	\$144.30	\$180.50	\$392.40	\$502.40	\$625.30	\$782.30
51-70 years	\$85.80	\$110.90	\$138.10	\$166.60	\$371.80	\$480.60	\$598.60	\$721.80
Family of 4:								
Couple (Male & Female), 19-50 years and children—								
2-3 and 4-5 years	\$131.80	\$168.30	\$208.10	\$257.80	\$571.00	\$729.30	\$901.60	\$1116.90
6-8 and 9-11 years	\$151.60	\$199.20	\$248.20	\$301.20	\$657.10	\$863.20	\$1075.70	\$1305.20

¹ The Food Plans represent a nutritious diet at four different cost levels. The nutritional bases of the Food Plans are the 1997-2005 Dietary Reference Intakes, 2005 Dietary Guidelines for Americans, and 2005 MyPyramid food intake recommendations. In addition to cost, differences among plans are in specific foods and quantities of foods. Another basis of the Food Plans is that all meals and snacks are prepared at home. For specific foods and quantities of foods in the Food Plans, see *Thrifty Food Plan, 2006* (2007) and *The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2007* (2007). All four Food Plans are based on 2001-02 data and updated to current dollars by using the Consumer Price Index for specific food items.

² All costs are rounded to nearest 10 cents.

³ The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments are suggested: 1-person—add 20 percent; 2-person—add 10 percent; 3-person—add 5 percent; 4-person—no adjustment; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent. To calculate overall household food costs, (1) adjust food costs for each person in household and then (2) sum these adjusted food costs.

⁴ Ten percent added for family size adjustment.

Cost Evaluation

Daily average cost (with recipes included)

Day 1: \$22.45

Day 2: \$7.87

Average of Both days: $\$22.45 + \$7.87 = \$30.32$

$\$30.32 / 2 = \15.16

Weekly Estimate:

$\$15.16 \times 7 = \106.12

It is estimated that Shannon would spend \$106.12 per week on food based on our two-day meal plan. It is an extremely high amount to spend on food for a single student who is only working part-time. Our aim is to have Shannon's meal plan fall under the low to moderate food cost plan due to her financial status. Day 1 totaled \$22.45 and Day 2 totaled \$7.87. There are many substitutions we can suggest so that the price is not so expensive for Day 1. For example, the beef flank was the most expensive item that day totaling \$11.54 per pound. Also, the blackberries proved to be quite expensive at \$5.85. To reduce costs we suggest that Shannon purchase her produce at stores such as the 99 Cents Only Store or buy local and in-season produce at a farmer's market.

USDA Food Plan Range

Weekly Low cost to weekly moderate cost: \$49.00- \$60.40

*Shannon is purchasing food alone (without sharing with her roommates) so we added 20% which makes the range \$58.80 to \$72.48.

In order to determine Shannon's weekly and monthly costs, we used the Official USDA Food Plan which provides us with four standard diets cost levels for different incomes. Our goal is to

fall somewhere between the low-cost to moderate-cost meal plan. Being that Shannon is a 21-year-old female student who is employed part-time, her weekly cost range was \$49.00 to \$60.40. Due to the fact that she is only purchasing food for herself, we added 20% to her food plan range, which increases it to \$58.80 - \$72.48 per week. According to the USDA, Shannon's actual food cost is quite high. Her food cost should range from \$7.00 to \$8.29/day but we created a meal plan that was \$15.16/ day. Our meal plan was about twice the amount she can afford, and what the USDA's Food Plan suggests. It is estimated that Shannon would spend approximately \$424.48 a month using the meal plan we created. The USDA's average monthly cost for a low-to-moderate meal plan is \$193.60 to \$238.80.

It was very surprising to see how expensive a meal can when you use meats as the source of protein. The USDA usually suggests meat to be the source of protein for individuals under the Liberal meal plan. For people in the low-cost and moderate-cost food plan it is suggested that the source of protein come from legumes and egg whites, which are much less expensive, but still provide adequate protein intake. We did not substitute the beef flanks because the traditional Venezuelan recipe includes them. We wanted to incorporate her country's typical cuisine, however it proves to be very pricey to do so. Next time, in order to help Shannon save money we can substitute the beef and purchase a less expensive, but similar meat like ground beef, boneless rib steak, or no meat at all to make the meal vegetarian.

Meat Source	Cost
Lean Ground Beef	\$4.99 per lb
Rib Steak Boneless	\$6.49 per lb
None	-----

Impressive

His! Better yet!

Exactly

It is!

Yay!

Absolutely

One method that would have reduced the cost drastically is if we suggested that Shannon purchase more frozen produce as opposed to fresh produce. For example, the Perico recipe on Day 1 calls for bell pepper and onion. These were the most expensive items for that recipe. Had we suggested Shannon use frozen peppers and onions instead she would have saved more money. The mozzarella cheese used in the Ensalada Caprese recipe was one of the more expensive items as well. Although we are trying to maintain Shannon's Venezuelan culture in her diet a less expensive option would be to use string cheese, which is very similar in texture and flavor.

While looking at the prices of foods, we compared various stores and chose the item from the store that offered the cheapest price for the most nutrient value. We compared weekly online and in-store advertisements. A very important cost-saving method we suggest is using coupons. The cost of one single item did not seem expensive alone, but as we can see it adds up and makes a big difference for the consumer. With the substitutions and methods of conserving money we presented we can definitely drop food costs for Shannon drastically while still maintaining her nutrient status and cultural experience.

Good suggestions

good

yes

sneaks up on you!

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Double copy?

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Human Ecological Theory

Bronfenbrenner's Human Ecological Theory is based on the idea that individuals are influenced by many (if not all) factors in their environments. This can include, but is not limited to culture, religion, friends, coaches, family members, teammates, peers, communities in which the individual lives, and the media. Taking into account all of the factors that can influence an individual can help a nutrition expert to assist individuals in improving their physical and mental health. Health and nutrition professionals must take into account each of the layers of the Human Ecological Model in order to effect the most positive change and have the widest influence for good for their clients.

yes, this is for sure!



Photos retrieved from:

<http://www.embracethefuture.org.au/resiliency/index.htm>

http://www.embracethefuture.org.au/resiliency/resiliency_model.htm

<http://www.balancedweightmanagement.com/TheSocio-EcologicalModel.htm>