Food Influences Project

Ethan R.
Nutrition Facts Panel, Ranch Wheat Thins

<table>
<thead>
<tr>
<th>Serving Size 15 pieces (30g)</th>
<th>Servings Per Container About 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>140</td>
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<tr>
<td>Calorie from Fat %</td>
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<tr>
<td>Total Fat g</td>
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<tr>
<td>Saturated Fat g</td>
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</tr>
<tr>
<td>Trans Fat g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol mg</td>
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<tr>
<td>Sodium mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium mg</td>
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<tr>
<td>Total Carbohydrate g</td>
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<tr>
<td>Dietary Fiber g</td>
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<tr>
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<tr>
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<tr>
<td>Vitamin A %</td>
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<tr>
<td>Vitamin C %</td>
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<tr>
<td>Calcium %</td>
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<tr>
<td>Iron %</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*
My Plate Information

nutrition

- Balance calories
- Enjoy your food, but eat less
- Make half your plate fruits and vegetables
- Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products
- Make half your grains whole grains
- Cut back on foods high in solid fats, added sugars, and salt

ChooseMyPlate.gov

Switch to fat-free or low-fat (1%) milk
- Avoid oversized portions
- Compare sodium in foods
- Drink water instead of sugary drinks

Make physical activity a regular part of your day!
Packaged food recipe, Keebler Vanilla wafers Banana Pudding

1. Line bottom and sides of 8x8x1-inch or 1-1/2-quart baking dish with Vanilla Wafers.

2. Combine package of vanilla pudding and pie filling, milk, and margarine in saucepan. Cook and stir over medium heat until mixture comes to a full boil. Remove from heat. Layer slices of banana over Vanilla Wafers, then add a layer of pudding. Repeat layers of Vanilla Wafers, bananas, and pudding.

3. Chill until firm, about 3 hours. Serve with whipped topping and garnish with banana slices.

- 48 Keebler® Golden Vanilla Wafer Cookies
- 1 (3 ounce) package vanilla pudding and pie filling
- 2 1/2 cups milk
- 1 tablespoon margarine
- 2 medium bananas, sliced
- Whipped Topping, Redi Whip
Whole Food Coupon, 25 cents off bananas at Weis
Combine more chewing and more doing.

Reach for satisfying REV® wraps with real meat and real cheese. Real food that makes it easy to eat and do.

See all of our varieties at revwraps.com.
CALM YOUR WEIGHT DOWN

No worries. No weight gain. Researchers from the Netherlands found that anxiety can cause you to overeat when you’re not hungry. In their study, people who felt stressed after taking a difficult test consumed more sweets than people who felt relaxed after taking an easy one. “Eating sugary foods may relieve stress by releasing chemicals in the brain that increase reward feelings,” says study author Femke Rutters, Ph.D.(c).

Small changes, big losses
A few extra calories really do add up. So making tiny tweaks to a meal can help you lose weight without making you feel deprived. Even if you don’t notice a difference between these plates, your gut will.

PLATE 1
6 OZ TILAK
ITALIAN ORANGE (2 oz)
MEDIUM SWEET POTATO
4 OZ GLASS OF MERLOT
TOTAL CALORIES 978

PLATE 2
6 OZ STEAK
ITALIAN ORANGE (1 oz)
MEDIUM SWEET POTATO
4 OZ GLASS OF MERLOT
TOTAL CALORIES 677
Weekly Store Ad, Weis Market Mifflintown, PA
Unusual Ingredient: Tumeric

Tumeric Shrimp with Mango and Basil

INGREDIENTS

- 1 pound raw shrimp, (21-25 per pound), peeled and deveined, tails left on
- 1/4 teaspoon salt
- 1/4-1/2 teaspoon cayenne pepper
- 1/4 teaspoon ground turmeric
- 1 tablespoon extra-virgin olive oil
- Bertolli Olive Oil Extra Virgin
  - $8.49
  - Thru 09/18
- 1 large ripe, firm mango, peeled and cut into 1/2-inch cubes (see Tip)
- 1 bunch scallions, green tops only, thinly sliced
- 1/4 cup firmly packed fresh basil leaves, finely chopped

PREPERATION

1. Toss shrimp with salt, cayenne to taste and turmeric in a medium bowl. Cover; refrigerate for about 30 minutes.
2. Heat oil in a large nonstick skillet over medium-high heat; place the shrimp in a single layer and cook until the undersides turn salmon-pink, about 1 minute. Flip them over and cook for 1 minute more.
3. Add mango, scallion greens and basil and cook, stirring, until the shrimp is just cooked and starts to barely curl, 1 to 2 minutes.
Cookbook

Title: Simple Classics Cookbook
Publisher: Weldon Owen Inc.
Publication Date: 1994
Fruit Recipe: Strawberry Shortcake

Ingredients

- 3 cups all purpose flour
- 4 teaspoons baking powder
- 3/4 teaspoon cream of tartar
- 1 cup butter
- 2/3 cup heavy cream
- 1 egg, beaten
- 3 cups sliced fresh strawberries
- 3 tablespoons white sugar
- 1/4 cup white sugar

Preparations

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, mix flour, 1/4 cup sugar, baking powder and cream of tartar. Cut in butter with pastry blender or two knives. Stir in cream and egg. Turn out onto a lightly floured surface and knead 2 minutes. Press into a half-inch thick sheet. Cut into squares. Place on baking sheets.
3. Bake in preheated oven 20 minutes, or until golden. Sprinkle 3 tablespoons sugar over sliced berries.
4. Let shortcakes cool before splitting and filling with sugared berries.
# Ethnic Recipe: Korean Rice Bowl

## Ingredients:
- 1 pound skinless, boneless chicken breast halves cut into Cubes
- 1 tablespoon dark soy sauce
- 1 tablespoon all-purpose flour
- 2 tablespoons cooking oil
- 2 tablespoons green curry paste
- 2 green onions with tops, chopped
- 3 cloves garlic, peeled and chopped
- 1 teaspoon fresh ginger, peeled and finely chopped
- 2 cups coconut milk
- 1 tablespoon fish sauce
- 1 tablespoon dark soy sauce
- 2 tablespoons white sugar
- 1/2 cup cilantro leaves, for garnish

## Preparation:

1. Toss chicken first in 1 tablespoon dark soy sauce, then in the flour, coating pieces evenly. Heat the oil in a large skillet over medium high heat. Place chicken in the skillet, cook and stir chicken until browned, about 5 minutes. Remove chicken.

2. Reduce heat to medium and stir in curry paste. Cook for 1 minute until fragrant, then stir in green onions, garlic, and ginger; cook an additional 2 minutes. Return chicken to the skillet, stirring to coat with the curry mixture. Stir the coconut milk, fish sauce, 1 tablespoon soy sauce, and sugar into the chicken-curry mixture. Allow to simmer over medium heat for 20 minutes until the chicken is tender. Serve garnished with cilantro leaves.
Selfie with 5 Healthiest Foods

1. They have vitamins in them that are good for your health
2. They have fiber for good digestion
3. They are low in Calories
Every my family and I go up to my Aunt Sandra’s and eat a Christmas day dinner. At my Aunt’s we would have ham, turkey, mashed potatoes, corn, stuffing, and green beans. This tradition started in a sad way though. It started because my grandma used to have it at her house but sadly she past away. After that my Aunt decided to have to at her place shortly after. This carried on and we have always had it there since. That is my food tradition and how it started.
Takeout Menu: Texas Roadhouse

**Just For Starters**

- **Cactus Blossom**: Perfect for sharing! Our Texas sized salad. Golden fried and served with our house dressing. $6.00
- **Fried Pickles**: Breaded pickles served with a tangy, golden fried and served with our house dressing. $6.00
- **Rattlesnake Bites**: Breaded jalapeños stuffed with jalapeños, served with spicy jalapeño dip and a side of house dressing. $6.00
- **Tater Skins**: Baked, shredded, and served with our house dressing. $6.00
- **Grilled Shrimp**: Served with lemon, perfect for sharing! $8.00
- **B l o o d  S u f f e r  W i n g s**: Breaded buffalo wings served with ranch dressing and a side of bleu cheese dressing. $8.00
- **Cheese Fries**: Large heaping portion of golden french fries topped with shredded cheese and 1 cheese sauce of choice. $6.00
- **Killer Rolls**: Baked, stuffed with choice of 2 toppings of your choice. $2.50
- **Texas Red Chai**: Breaded, deep-fried, served with a side of sauce. $2.50
- **Combo Appetizer**: Choose any four items from previous appetizers for $18.00

**Salads**

- **Grilled Chicken Salad**: Large portion of grilled chicken, your choice of dressing, and choice of sides. $9.00
- **Chicken Caesar Salad**: Grilled chicken, croutons, parmesan cheese, and house dressing. $9.00
- **Steakhouse Filet Salad**: Grilled filet medallions, tomato, onion, blue cheese dressing, and choice of sides. $10.00
- **Casserole Salad**: Large portion of our signature casserole. $6.00

**Hand-Cut Steaks**

- **Smothered Steak**: 1/2 lb. of our Hand Cut Steak served with your choice of two sides. $8.50
- **USDA Choice Steak**: 1/2 lb. of our Hand Cut Steak served with your choice of two sides. $10.50
- **Porterhouse T-Bone**: Price varies based on size. $12.50
- **Filet Mignon**: Price varies based on size. $14.00
- **Ribeye**: Price varies based on size. $15.00
- **Prime Rib**: Available during our holiday hours. $21.00

**Fall-Off-The-Bone Ribs**

- **Our signature ribs are slow cooked with a choice of sauce and served with your choice of two sides.**
  - **Half Slab**: $13.00
  - **Full Slab**: $18.00

**Texas Size Combinations**

- **BBQ Roasted Half Chicken & Grilled BBQ Chicken**: $22.00
- **BBQ Chicken & Ribeye Steak**: $24.00
- **Ribeye Steak & Grilled Shrimp**: $23.00
- **Smoked Spareribs & Grilled Shrimp**: $23.00

**Chicken Specialties**

- **Country Fried Chicken**: 1/2 lb. of white meat chicken breast, hand-dipped, breaded, and fried with potatoes and vegetables. $8.00
- **Grilled BBQ Chicken**: Price varies based on size. $10.00
- **Chicken Fajitas**: Served with your choice of two sides. $12.00
- **Portobello Mushroom Chicken**: Grilled marinated chicken breast served with a Portobello mushroom and green chile sauce. $10.00

**Dockside Favorites**

- **Grilled Salmon**: Marinated salmon, served with rice and a side of vegetable. $20.00
- **Fried Catfish**: Price varies based on size. $15.00
- **Grilled Shrimp**: Served with your choice of two sides. $18.00

**Legendary Side**

- **Roasted Potatoes**: $4.00
- **Green Beans**: $3.00
- **Creamed Corn**: $3.00
- **French Fries**: $4.00
- **French Vegetables**: $4.00
- **Sweet Potato**: $5.00
- **Steak Fries**: $5.00
- **Breadstick**: $2.00
- **Sour Cream**: $4.00
- **Sugar Free Syrup**: $4.00
Food Mascot: Kool Aid Man
Food Slogans

1. Finger Licken Good, KFC
2. Better Ingredients. Better Pizza, Papa John’s Pizza
3. We Have the Meats, Arbys
4. America Runs on Dunkin’, Dunkin’ Donuts
5. Subway Eat Fresh, Subway
6. Have it Your Way, Burger King
7. Eat Mor’ Chiken’, Chick-fil-a
8. Pizza! Pizza!, Little Ceasers
9. I’m Lovin it, McDonalds
10. Red Robin – Yummmmm, Red Robin