

Food Influences Project

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Ethan R.

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



- 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



- **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**

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.

Food Advertisement, Rev Wrap Snacks, Sports Illustrated



Health Article Weight Loss, Men's Health Magazine

WEIGHT-LOSS BULLETIN



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	PLATE 2
8 OZ STEAK (652 calories)	8 OZ STEAK (612 calories)
SALAD WITH 2 TBSP ITALIAN DRESSING (82 calories)	SALAD WITH 1 TBSP ITALIAN DRESSING (42 calories)
LARGE SWEET POTATO (182 calories)	MEDIUM SWEET POTATO (122 calories)
7 OZ GLASS OF MERLOT (171 calories)	4 OZ GLASS OF MERLOT (88 calories)
TOTAL CALORIES 978	TOTAL CALORIES 677

A 8-ounce steak silt packs 46 grams of protein.

40 MAY 2008

Weekly Store Ad, Weis Market Mifflintown, PA

FANTASTIC

SEP 2-5

FRIDAY
extended through monday!

 <p>DE HALF PRICE!</p> <p>Diet Park Water 24 count - 16.5 ounce</p>	 <p>\$3.99</p> <p>Gatorade Sports Drink 8 count - LIMIT 4</p>	 <p>2 FOR \$5</p> <p>HERSHEY'S CHOCOLATE BARS</p>	 <p>75¢</p> <p>SAVINGS PACK Chicken Drumsticks or Thighs - per pound</p>	 <p>\$1.68</p> <p>Whole Pork Sub Fibs per pound - previously frozen</p>
 <p>HALF PRICE!</p> <p>Weis Quality Microwave Popcorn - 12 ct. Weis Quality Snack Nuts - 8 to 9 ounce</p>	 <p>HALF PRICE!</p> <p>Pillsbury Streamables Selected Potatoe Steamables Vegetables - 10 ounce</p>	 <p>\$2.99</p> <p>Yonging's Ice Cream 32 ounce</p>	 <p>\$4.88</p> <p>Prime Ribs, NY Strip, or Brisket Burgers - per pound</p>	 <p>\$4.99</p> <p>bakery fresh! Family Size Pumpkin Pie each</p>
 <p>HALF PRICE!</p> <p>Pillsbury Swift Norwalks - 18 to 21 ct. Keebler Toasted Crackers 8 ct</p>	 <p>JUST ONE MORE FREE!</p> <p>Chicken of the Sea Crab Claw Meat - 8 ounce</p>	 <p>\$8.88</p> <p>Sparkling Ice 12 count</p>	 <p>\$3.99</p> <p>Russet Potatoes 8 pound bag</p>	 <p>\$3.99</p> <p>Clearfield American Cheese - per pound</p>
<p>Fantastic Friday from Friday, September 2 through Monday, September 5!</p>				

LAST DAY 9/4/16!
to earn maximum points

weis REWARD POINTS

Redeem Rewards by September 4, 2016.

THE CHOICE IS YOURS

GAS REWARDS **OR** **FOOD REWARDS**

20¢ OFF per gallon for every 20 points

5% OFF groceries for every 20 points

LIMITED TIME OFFER

AND

weis REWARD POINTS

Pick 5 participating Weis Brand products & Earn 10 Reward Points

Thousands of items to choose from! 100 LW11 Buy 15 selected items, earn 30 Reward Points, Buy 20 selected items, earn 60 Reward Points. Look for this tag.

WEIS MARKETS PROUDLY ACCEPTS



Burnham - 224 North Logan Blvd.
Open 8am to 11pm - 7 days a week

Mifflintown - 4521 William Penn Hwy.
Open 8am to 11pm - 7 days a week

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053 30706 12/2016/1616/16/16 PA

Unusal 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

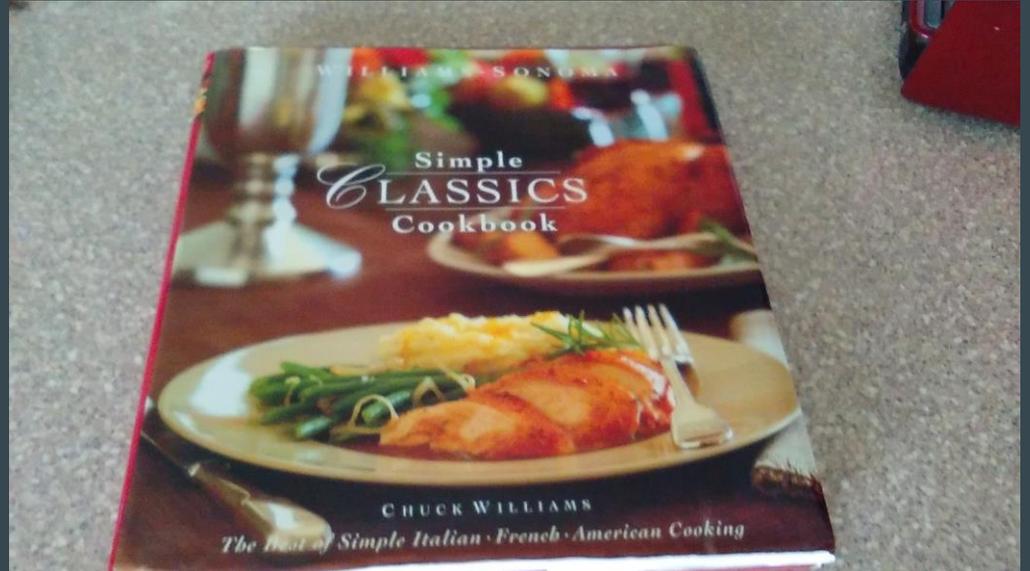
1. Toss shrimp with salt, cayenne to taste and turmeric in a medium bowl. Cover; refrigerate for about 30 minutes.
2. Heat oil in a large nonstick skillet over medium-high heat; place the shrimp in a single layer and cook until the undersides turn salmon-pink, about 1 minute. Flip them over and cook 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



Food Tradition, Christmas Day Feast

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 onion golden-fried and served with our Cajun Horseradish sauce 4.99

Fried Pickles * Basket of pickles chips hand-battered, golden-fried and served with Ranch or Cajun Horseradish sauce for dipping 4.99

Rattlesnake Bites * Diced jalapeños and jack cheese, hand-battered, lightly-fried and served with Cajun Horseradish sauce 5.99

Tater Skins * Topped with cheddar cheese, bacon and sour cream 6.99

Grilled Shrimp * Skewer of shrimp, seasoned to perfection and drizzled with our garlic lemon pepper butter 5.99

Boneless Buffalo Wings * Hand-breaded all white meat chicken tossed in your choice of Mild or Hot sauce and served with celery and Bleu Cheese dressing 8.99

Cheese Fries * A heaping amount of golden brown steak fries topped with melted cheddar cheese and bacon. Add chili for 79¢ 6.99

Killer Ribs * Basket of our award-winning ribs with steak fries 8.99

Texas Red Chili * Made-from-scratch recipe, topped with cheddar cheese and red onions 2.99
Cap 3.99

Combo Appetizer * Boneless Buffalo Wings (tossed in your choice of Mild or Hot sauce) along with Rattlesnake Bites and Tater Skins served with your choice of two dipping sauces 9.99

SALADS

All salads served with your choice of made-from-scratch dressing:

- Ranch
- Honey Mustard
- Italian
- Low Fat Ranch
- Thousand Island
- Bleu Cheese

Grilled Chicken Salad * Crisp cold greens, strips of marinated chicken, jack cheese, egg, tomato, bacon, red onions and croutons 3.99

Chicken Caesar Salad * Tender strips of grilled chicken tossed with crisp hearts of romaine, fresh parmesan cheese, made-from-scratch croutons and our zesty Caesar dressing 3.99

Chicken Crier[®] Salad * Hot crispy strips of chicken piled high on a bed of cold greens with jack and cheddar cheeses, egg, tomato and bacon 3.99

Steakhouse Filet Salad* * Salad greens drizzled with Italian dressing, topped with tender filet strips, Bleu Cheese crumbles, bacon bits, red onions, tomatoes and croutons, and served with a side of creamy Bleu Cheese 13.49

House Salad * Fresh greens, cheddar cheese, tomato, eggs and made-from-scratch croutons 3.99

Caesar Salad * Crisp hearts of romaine, fresh parmesan cheese and made-from-scratch croutons tossed with our zesty Caesar dressing 3.99

HAND-CUT STEAKS

Each plate served with your choice of two sides.

Smother Your Steak

1.99

with any combination of:

- Sautéed Mushrooms
- Sautéed Onions
- Jack Cheese or Brown Gravy

USDA Choice Sirloin* 6 oz. 9.99 11 oz. Hearty Cut 15.99
8 oz. 11.99 16 oz. Cowboy Cut 19.99

New York Strip* 12 oz. 18.99
Ft. Worth Ribeye* 10 oz. 15.99 12 oz. 17.99 16 oz. 20.99

Bone-In Ribeye* * Our most flavorful steak, hand-cut to perfection
20 oz. 23.99

Porterhouse T-Bone* 23 oz. 24.99
Dallas Filet* 6 oz. 17.99 8 oz. 19.99

Filet Medallions* * Three tender filets (9 oz. total) topped with Peppercorn or Portobello Mushroom sauce and served over seasoned rice 13.49

Road Kill* * 10 oz. chop steak smothered with sautéed onions, sautéed mushrooms and jack cheese 9.99

Steak Kabob* * Marinated steak with onion, mushroom, tomato, red pepper and green pepper served on a bed of seasoned rice with choice of one side 10.99

Prime Rib* 10 oz. 16.99 12 oz. 18.99 16 oz. 21.49
Please ask us about availability. Horseradish upon request.



FALL-OFF-THE-BONE RIBS

Each plate served with your choice of two sides.

Our award winning ribs are slow cooked with a unique blend of seasonings and our signature BBQ sauce. **Half Slab** 13.99
Full Slab 18.99

TEXAS SIZE COMBOS

Each plate served with your choice of two sides.

BBQ Roasted Half Chicken	Grilled BBQ Chicken
with Pulled Pork 13.99	with Pulled Pork 13.99
with Ribs 16.99	with Ribs 16.99
with Sirloin Steak* 17.99	with Sirloin Steak* 17.99
Sirloin Steak*	Ribeye Steak*
with Grilled Shrimp 17.49	with Grilled Shrimp 20.99
with Ribs 18.49	with Ribs 21.99
Pulled Pork with Ribs 15.99	



SHRIMP FOR 5.99
RIBS FOR 6.99

RARE * Cool Red Center
MEDIUM RARE * Warm Red Center
MEDIUM * Hot Pink Center
MEDIUM WELL * Slightly Pink Center
WELL DONE * No Pink

CHICKEN SPECIALTIES

Each plate served with your choice of two sides.

Country Fried Chicken * Tender, all white meat chicken breast, hand-battered, golden-fried and topped with made-from-scratch cream gravy 10.99

Grilled BBQ Chicken * Marinated ½ lb. breast broasted in our BBQ sauce 9.99

Chicken Critters * All white meat chicken strips, hand-dipped in signature batter and fried to a crispy golden brown 9.99

Oven Roasted Half Chicken * Specially seasoned and slow roasted 10.99

BBQ Roasted Half Chicken * Basted with our BBQ sauce 10.99

Smothered Chicken * Grilled, marinated chicken breast with sautéed onions, sautéed mushrooms and cream gravy or jack cheese 11.99

Portobello Mushroom Chicken * Grilled, marinated chicken breast with Portobello Mushroom sauce, jack cheese and fresh parmesan 11.99



COUNTRY DINNERS

Each plate served with your choice of two sides.

Grilled Pork Chops * Hand-cut, boneless chops seasoned and served with Peppercorn sauce
Single 9.99
Double 13.99

Pulled Pork Dinner * Tender, slow-cooked pork covered in our signature BBQ sauce and served with toasted fresh-baked bread 9.99

Country Fried Sirloin * Hand-battered, fresh-cut sirloin served crispy and golden, topped with made-from-scratch cream gravy 10.99

Beef Tips* * Cuts of steak with sautéed mushrooms, onions, brown gravy and sour cream over seasoned rice or mashed potatoes and choice of one side 11.49

Country Veg Plate* * Choose a total of 4 side items (one sold only, please!) 8.99

DOCKSIDE FAVORITES

Each plate served with your choice of two sides.

Grilled Salmon * A fillet salmon steak, grilled moist and tender and topped with our special lemon pepper butter 13.99

Fried Catfish * U.S. farm-raised catfish, lightly breaded in southern cornmeal, deep-fried and served with Creole Mustard sauce
3-piece 11.99
4-piece 13.99

Grilled Shrimp * Two skewers of shrimp, seasoned and grilled, then drizzled with garlic lemon pepper butter and served over a bed of seasoned rice 14.99

LEGENDARY SIDES

- Buttered Corn
- Seasoned Rice
- Green Beans
- Cup of Chili
- House Salad
- Caesar Salad
- Apple Sauce
- Fresh Vegetables
- Steak Fries
- Mashed Potatoes
- Baked Potato
- Sweet Potato



*MAY BE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, Poultry, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

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' Chicken', Chick-fil-a**
8. **Pizza!Pizza!, Little Ceasers**
9. **I'm Lovin it, McDonalds**
10. **Red Robin-Yummmmm, Red Robin**

