

# You Be the Nutritionist

Plan a breakfast, lunch, supper and snack for a friend who is your age and needs to reduce their sodium intake to approximately 1500 mg. Write the foods, serving sizes, and sodium amounts below. Protein Ex. 1 slice of bacon=101 mg.

Breakfast Foods & Serving Size	Sodium mg.	Food Groups
<b>Totals:</b>		

Lunch Foods & Serving Size	Sodium mg.	Food Groups
<b>Totals:</b>		

Supper Foods & Serving Size	Sodium mg.	Food Groups
<b>Totals:</b>		

Snack Food(s) & Serving Size	Sodium mg.	Food Group(s)
<b>Totals:</b>		

Answer the following questions after completing the chart.

1. Calculate the sodium grand total intake for the day.

\_\_\_\_\_mg.

2. How easy or difficult was it to stay below 1500 mg. of sodium? Explain.
3. Do you notice any patterns with the foods you selected for your meals? Think about whether your choices were whole foods or processed. Explain.
4. Would you eat the meals you created? Why or why not?
5. List any foods you really wanted to include, but could not due to the high sodium levels.
6. Based on the MyPlate requirements for your age, do these selections represent a balanced diet? Explain.
7. How does your personal daily diet compare to the one you just created? How is it similar? How is it different? Explain.