



### **Breakfast 1**

- 1 banana
- 3 oz Scrambled eggs
- 4 oz Skim milk
- 2 slices of Whole Wheat bread

This breakfast provides 373 calories, 24 g protein, 53 g carbohydrates, 3 g fiber, 10 g fat, 2 g sat. fat, 400 mg sodium and 364 mg cholesterol.

The food groups in this breakfast include:

- 2 oz of Grains with 1 ½ oz equivalents coming from whole grain
- 3 oz equivalents of Meat & Beans
- ½ cup of Milk
- 1 cup of Fruits



### **Breakfast 2**

- 1 cup of Cheerios with 4 oz of Skim milk
- 4 oz Skim milk
- 4 slices of Red apple
- 1 slice of Whole Wheat bread
- 1 package of whipped Land o' Lakes butter

This breakfast provides 287 calories, 11 g protein, 47 g carbohydrates, 4 g fiber, 9 g fat, 3.5 g sat. fat, 497 mg sodium, and 17 mg of cholesterol.

The food groups in this breakfast include:

- 2 oz of Grains with 1 ¾ oz equivalent coming from whole grains
- 1 cup of Milk
- ½ cup of Fruits
- 50 discretionary calories coming from solid fats





### **Breakfast 3**

- 6 oz of cooked Oatmeal
- 4 oz Skim milk
- 1 slice of Whole Wheat bread
- 2 tsp. of Raisins
- 4 slices of Orange
- 2 tsp. Peanut butter

This breakfast provides 361 calories, 17 g protein, 60 g carbohydrates, 7 g fiber, 9 g fat, 2 g sat. fat, 223 mg sodium, and 2.4 mg cholesterol.

The food groups in this breakfast include:

- 2 ¼ oz of Grains with 2 oz equivalents of whole grains
- ¾ oz equivalents of Meat & Beans
- 1 ¼ cup of Fruits
- ½ cup of Milk
- 1 tsp oil



### **Breakfast 4 (only on days when omelets are served)**

- 8 oz Water
- 1 Banana
- 1 slice of Whole Wheat bread
- Omelet containing:
  - ¼ cup of Green Bell peppers
  - ¼ cup of Red Bell peppers
  - One 3 oz scoop of eggs

This breakfast provides 360 calories, 17 g protein, 41 g carbohydrates, 4.5 g fiber, 17 g fat, 3.2 g sat. fat, 291 mg sodium, and 361 mg cholesterol.

The food groups in this breakfast include:

- 3 oz equivalents of Meat & Beans
- 1 cup of Fruits
- ½ cup of Vegetables
- 1 oz of Grains with ¾ oz equivalent of Whole Grains





When all breakfast meals are averaged for their nutritional content, the average amount is as follows:

Calories – 345

Protein – 17 g

Carbohydrates – 50 g

Fiber – 4.5 g

Fat – 11 g

Saturated Fat – 3 g

Sodium – 353 mg

Cholesterol – 186 mg



Keep these tips in mind when making your rounds through the dining halls and you'll make healthier choices before you know it.

- Take note of the size of the scoop the line servers are using, which in most cases is between 3-4 ounces. When you serve yourself, the size of the scoop/ladle will be on the handle.
- All cups used in the dining halls are 16 oz. This measurement is accurate only when the cup is completely filled to the brim.
- The cereal bowls in the dining halls hold approximately 1 ½ cups of cereal without the milk. With the 1 ½ cups of cereal, you can only fit 4 oz of milk in the bowl.
- The mayonnaise and ranch is reduced fat.
- Of all the cheeses at the deli, the American cheese has the lowest number of calories – only 50 calories per slice. Of the natural cheese though, the Swiss cheese is your best bet, with only 80 calories per slice.
- A teaspoon of peanut butter or Philadelphia cream cheese is about the size of your thumbnail. A tablespoon is about the size of your whole thumb.





**Lunch 1 (paired with breakfast 1 & 4)**

- 8 oz Water
- ½ cup Spring mix
- ¼ cup Chopped Romaine lettuce
- ¼ cup Chopped Iceberg lettuce
- 2 Cherry tomatoes
- 3 slices Red Pepper
- 5 Broccoli florets
- 3 slices Cucumber
- 2 Tbsp Low Fat Ranch
- 4 slices Red apple
- ½ cup 2% Cottage cheese
- 1 Whole Wheat dinner roll

This lunch provides 333 calories, 22 g protein, 44.5 g carbohydrates, 8.4 g fiber, 9 g fat, 2 g sat. fat, 896 mg sodium, and 15 mg cholesterol.

The food groups in this lunch are:

- 2 cups of Vegetables
- ½ cup of Fruits
- ½ cup of Milk
- 1 oz of Grains with ½ oz equivalent coming from Whole Grains

When combined with **breakfast 1**,  
the total for that day comes to:

706 calories  
46 g protein  
97.5 g carbohydrates  
11.4 g fiber  
19 g fat  
4 g saturated fat  
1296 mg sodium  
379 mg cholesterol

When combined with **breakfast 4**,  
the total for that day comes to:

693 calories  
39 g protein  
85.5 g carbohydrates  
12.9 g fiber  
26 g fat  
5.2 g saturated fat  
1187 mg sodium  
376 mg cholesterol





### Lunch 2 (paired with breakfast 2 & 3)

- 8 oz Water
- 2 slices Whole Wheat bread
- 3 oz Shredded chicken
- 2 slices Red tomato
- 2 pieces of Leaf lettuce
- 1 Tbsp Reduced fat Mayo
- 1 Tbsp Yellow mustard

This lunch provides 342 calories, 35 g protein, 27 g carbohydrates, 4 g fiber, 13 g fat, 1.2 g sat. fat, 641 mg sodium, and 72 mg cholesterol.

The food groups in this lunch are:

- 2 oz of Grains with 1  $\frac{3}{4}$  oz equivalents coming from Whole Grains
- 3 oz equivalents of Meat & Beans
- 1 tsp of Oils
- $\frac{1}{2}$  cup of Vegetables

When combined with **breakfast 2**,  
the total for that day comes to:

629 calories  
46 g protein  
74 g carbohydrates  
8 g fiber  
22 g fat  
4.7 g saturated fat  
1138 mg sodium  
89 mg cholesterol

When combined with **breakfast 3**,  
the total for that day comes to:

703 calories  
52 g protein  
87 g carbohydrates  
11 g fiber  
22 g fat  
3.2 g saturated fat  
864 mg sodium  
74.4 mg cholesterol





When both lunch meals are averaged for their nutritional content, the average amount is as follows:

Calories – 337

Protein – 28.5 g

Carbohydrates – 36 g

Fiber – 4.2 g

Fat – 11 g

Saturated Fat – 1.6 g

Sodium – 793 mg

Cholesterol – 43 mg



Finally, when striving to eat a healthier, more balanced diet, it is very important that you understand your calorie needs for the day. Having an understanding of how many calories your body needs for optimal functioning is similar to knowing what your budget is for the month. Knowing your monthly expenditures will help to keep you from over or under-spending for the month, just like knowing your daily caloric needs will help to keep you from over or under-eating.

So how do you determine your daily caloric needs? Determining daily caloric need is achieved through several different methods, such as using Bioelectrical Impedance, Indirect Calorimetry, Anthropometric Data and subsequent calculations, and Predictive Energy Equations - just to name a few! Of all these techniques, the most accurate method is Indirect Calorimetry, however, the most practical method, but still highly accurate, is using Predictive Energy Equations. The standard equation recommended by the American Dietetic Association is the Mifflin-St. Jeor equation, which is as follows:

$$(10 \times \text{Wt (kg)}) + (6.25 \times \text{Ht (cm)}) - (5 \times \text{Age}) - 161 = \text{Resting Energy Expenditure for (REE) Females}$$

$$(10 \times \text{Wt (kg)}) + (6.25 \times \text{Ht (cm)}) - (5 \times \text{Age}) + 5 = \text{Resting Energy Expenditure (REE) for Males}$$

Once you calculate this, you then determine your physical activity level. Based on the following chart, you multiply your determined REE level by the PA level and this will give you your estimated daily caloric need. Once you've determined your daily caloric need, visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information on the eating plan that suites your calorie needs.

Sedentary	1.2
Light activity	1.5
Moderate activity: standing jobs with some walks	1.8
Very active: walking job	2.0
Extremely active: active job with lots of sport	2.2+

