

Design a Meal
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Name _____



Directions: Choose one of the fast food restaurants from the icons above to buy a Friday night dinner. Fill in the spaces below with your "Favorite Meal", and a "Healthy Meal" **DO NOT** check the nutrition charts as you are planning the two meals. You should include all food items, drinks, desserts, and condiments.

Favorite Meal	Healthy Meal
Total calories=	Total calories=

Part III Fill in the two charts below based on the information you collected from the internet about your daily requirements.

Daily Needs Calculator

This calculator estimates the number of Calories that you burn during exercise and daily living. The report generated by this calculator also includes information about your Body Mass Index (BMI), and lists your recommended daily intakes for individual nutrients.

Sex	Age	Height	Weight	Lifestyle
<input type="text" value="F"/>	<input type="text"/>	<input type="text"/> in	<input type="text"/> lb	<input type="text" value="sedentary"/>

Minutes/day of additional exercise (optional)		<input type="button" value="Calculate!"/>
<input type="text"/>	<input type="text"/>	
<input type="text"/>	<input type="text"/>	

Required Data Entry		
Enter Your Target Diet Daily Calories	<input type="text"/>	
<input type="button" value="Clear Values"/>		
Calculated Results		
Designation	Value	Value
40 Percent Carbohydrates	<input type="text"/> cal/day	<input type="text"/> gm/day
30 Percent Proteins	<input type="text"/> cal/day	<input type="text"/> gm/day
30 Percent Fats	<input type="text"/> cal/day	<input type="text"/> gm/day

Part IV Using the site links for your fast food meal, complete the charts below for both of your meals. Any values that are not included in your online resource should be omitted. The **Daily Reference Values (DRVs)** are listed below for many food components and nutrients. This figure will be used as a comparison to the information you obtained in the personalized charts above. They are based on a 2000 calorie a day diet.

Favorite Meal Calculations:

Tell the name of each item.

Food Component	DRV	Your Recommended Value	Amount in Item 1	Amount in Item 2	Amount in Item 3	Amount in Item 4	Totals
fat	65 grams (g)						
saturated	fatty acids 20 g						
cholesterol	300 milligrams (mg)						
total carbohydrate	300 g						
fiber	25 g						
sodium	2,400 mg						
potassium	3,500 mg						
protein	50 g						



Favorite Meal Calculations:

Tell the name of each item.

Nutrient	Amount	Your Recommended Value	Amount in Item 1	Amount in Item 2	Amount in Item 3	Amount in Item 4	Total
vitamin A	5,000 International Units (IU)						
vitamin C	60 milligrams (mg)						
thiamin	1.5 mg						
riboflavin	1.7 mg						
niacin	20 mg						
calcium	1.0 gram (g)						
iron	18 mg						
vitamin D	400 IU						
vitamin E	30 IU						
vitamin B6	2.0 mg						
folic acid	0.4 mg						
vitamin B12	6 micrograms (mcg)						
phosphorus	1.0 g						
iodine	150 mcg						
magnesium	400 mg						
zinc	15 mg						
copper	2 mg						
biotin	0.3 mg						

Healthy Meal Calculations:

Tell the name of each item.

Food Component	DRV	Your Recommended Value	Amount in Item 1	Amount in Item 2	Amount in Item 3	Amount in Item 4	Totals
fat	65 grams (g)						
saturated	fatty acids 20 g						
cholesterol	300 milligrams (mg)						
total carbohydrate	300 g						
fiber	25 g						
sodium	2,400 mg						
potassium	3,500 mg						
protein	50 g						



Healthy Meal Calculations:

Tell the name of each item.

Nutrient	Amount	Your Recommended Value	Amount in Item 1	Amount in Item 2	Amount in Item 3	Amount in Item 4	Total
vitamin A	5,000 International Units (IU)						
vitamin C	60 milligrams (mg)						
thiamin	1.5 mg						
riboflavin	1.7 mg						
niacin	20 mg						
calcium	1.0 gram (g)						
iron	18 mg						
vitamin D	400 IU						
vitamin E	30 IU						
vitamin B6	2.0 mg						
folic acid	0.4 mg						
vitamin B12	6 micrograms (mcg)						
phosphorus	1.0 g						
iodine	150 mcg						
magnesium	400 mg						
zinc	15 mg						
copper	2 mg						
biotin	0.3 mg						

