Robert Hedegaard Andersen December 13, 2018

My Nutritional Game Plan

My Ideal Day of Eating Thursday December 20

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| Time – What I Ate | Rationale for my food choices and serving sizes |
| **7:30 breakfast**   * 4 scrambled eggs with olive oil, salt and pepper * 1 piece of toast with cheese * 1 yogurt cup * 1 glass milk * 1 glass water   **10:30 snack**   * Granola bar * Fruit bar   **12:00 lunch**   * Sandwich with cheese, mayonnaise, ham, lettuce and honey mustard * 1 glass water   **1:15 snack**   * 3 mandarin oranges   **4:00 afterschool snack**   * Bagel with cheese and ham * 1 glass of milk * 1 glass water   **6:30 dinner**   * Butter chicken with whole grain rice * Boiled veggies * Naan bread * 2 glasses of water | **Breakfast**  3 – protein, 1 – good fat, 3 – dairy, 1 – grain  1 – fruit  Eggs are a high quality source of protein, very easy to make and they taste great  Chees and milk are very easy sources of dairy  Yogurt is not the best fruit/dairy because of the added sugar, but because the rest of my breakfast is not that high in sugar I thought it was ok to add it.  **Snack**  1 – grain 1 – fruit  Granola bars are a great healthy carb and gives you required energy  Fruit bars are easy antioxidants, but do contain a lot of sugar  **Lunch**  1 – grain, 1 – dairy, 1 – protein  Sandwiches contain all food groups, are reasonably healthy  **Snack**  2 – fruit  I like oranges ☺  **Afterschool Snack**  2 – grain, 2 – dairy  Bagels are a large grain source and adding the cheese is much better than adding Nutella. I find that I need a large snack afterschool, right before I begin my homework  **Dinner**  3– protein, 3- grain, 2 – veggies  Chicken is probably one of the best sources of protein  Drinking a lot of water is important |



***Health and Fitness Baby!!!!***

Here are some intense pictures of me enjoying my exciting day of eating healthy. I would like to use this time to credit my mom for making my dinner and my dad for earning money so I can eat food. Personal fitness 12 is the best class at KRSS.