The Flavor of Mexico



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Geography



Mexico is located in the northern part of Central/Latin America. It is bordered by the United States in the North (California, Arizona, New Mexico, and Texas), the Pacific Ocean to the west and south, the Gulf of Mexico to the east, and Belize, Guatemala, and the Caribbean Sea to southeast. The latitude and longitude are 23°0'N and 102°0'W respectively, which means that it is located on the North American plate. The Mexican landmass narrows significantly, as it gets further south, where the capital of Mexico, Mexico City, stands (Camp & Riley, 1989).

History of Mexican Food



Mexico has a rich, tragic and colorful history. Past civilizations such as the Olmecs, the Mayans, the Teotihuacáns and the Aztecs contributed not only to the diversity of the people but moreover had a great impact on the food that Mexicans eat today. Furthermore, countries such as Spain and France added important aspects to Mexican culture and enriched their food traditions.

Mexican history can be traced back to the year 3,000 B.C.

The Olmec culture was one of the first cultures in Central America who developed a calendar and created hieroglyphic writings (Palfrey, 1997). In addition, it was the first culture to discover the cocoa

bean and made a chocolate drink from it ("History of Chocolate," 2006). The Mayans were another culture affecting Mesoamerica. The Mayans improved many inventions of previous civilizations. They mostly farmed but also traded cotton and cocoa. The Mayan farmers cultivated com, chili peppers and other vegetables.



The Mayan culture heavily influenced that of the Teotihuacán, whose people started writing books. The Teotihuacán hunted and gathered food but developed an agricultural system to feed their people. Archeologísts have found a variety of fruits and meats such as com, beans, squash, chili



peppers, cacti, cherries, rabbits, fish, turkeys and other animals in their archeological digs. They also were participating in mining and trade throughout Mesoamerica. This culture achieved great cultural advances in astronomy, weaving, pottery and mathematics.



As the Teotihuacán before them had previously done, the Aztecs also farmed corn or maize and beans, which made up the majority of their foods. Meat was scarce especially for the lower classes; therefore Aztecs harvested insects and worms to enrich their

diet. Aztecs also treasured the cocoa beans, vanilla and honey. Many aspects of the Aztec culture are well-known because of the sole fact that their people kept good records. Just like their predecessor, the Aztecs kept a calendar. They also educated all their citizens (Palfrey, 1997). This culture enjoyed prosperity until 1519 when Cortes landed in Vera Cruz and brought along an army of men carrying guns and diseases. The Spanish monarchs disowned and enslaved many of Aztecs. While this was a tragedy, the Spaniards did bring along a variety of animals to use as meat such as pigs, cattle, sheep, and chickens. In addition to the meat, they brought a wide selection of spices, fruits and vegetables, which were all unknown to the Aztecs at that time (Soustelle, n.d.).

The French left another imprint on Mexican culture and food. To this day, Mexico celebrates



Cinco de Mayo, in commemoration of the defeat of the French army, which eventually led to the Mexicans independence from France. Food accompanies this celebration just like many other Mexican holidays. Dia De Los Muertos, the Day of the Dead, is famous for its Pan de Muerto, or

Bread of the Dead, which is decorated with

bones shaped out of dough. *Noche Buena*, a Christmas celebration, is accompanied by roasted turkey or pig and wild greens in molé sauce. For everyone, young and old, the highlight of *Los Tres Reyes Magos*, the

Three Kings Day, is the cutting of a beautiful decorated sweetbread in which plastic babies were hidden before baking. Tradition dictates that the person who receives a piece of bread with a baby in it has to host another party before the Mexican holiday season comes to an end. Many more holidays are celebrated in Mexico and they all share a common theme – food and family. Families take great pride

in preparing the best food for their family and friends.



As we take a look at Mexican food we can see how the different influences enriched the food of the country. While many Mexicans can now enjoy the diversity of foods, a large percentage of them are still living in poverty, with their main staple being maize, beans and chili ("Instituto de Lengua," 2009).

Mexican Food Pyramid





Patient History/Background

Name: Maria Perez

Country of Origin: Mexico

Sex: Female

■ Date of Birth: June 2, 1958

Age: 49.5

Weight: 152 pounds

Height: 5' 2"

Area of Residence: Northridge, CA

- Medical Conditions: Maria is slightly overweight, and carries most of her weight below her torso. She suffers from high cholesterol and high blood pressure, and is currently taking medication for both of these conditions.
- Family: Maria is married to Edgar Perez. They have three children, two boys named Edgar Jr. and Felipe, and one girl named Priscilla.
- Employment: Maria cleans houses five days a week, and her husband does landscaping during the week as well. The dual income makes food very accessible for their family, and they are able to eat out often.
- Home/Resources: Maria and her husband own a 3-bedroom house in Northridge, CA, where they reside with their three children. Their house has a full kitchen with all of the

necessary appliances. The family shares a Ford truck, but Maria's husband uses the car during the week for work. Maria purchases her bus passes monthly, and uses the bus system to travel around to work, the store, and other such places. She has a Farmers Market, Vallarta, various produce stores, and a grocery store all within three blocks from her home, so she doesn't have to travel far to purchase foods.

- Education Level/Knowledge; Maria is a high school graduate in Mexico, which is fairly
 equivalent to a high school graduate in the United States. She has no prior nutrition
 knowledge, but is more than willing to learn as much as anyone can offer her.
- Weight History: Maria's present weight is 152 pounds. She would like to lose 22 pounds, to bring her down to 130 pounds. Her BMI is 27.8, so she is considered overweight. At a weight of 130 pounds, her BMI would be 23.8, which is in the healthy range. She has always been overweight, and she is at the point in her life when she's ready to do something about it.
- Appetite/Meals: Maria has a hearty appetite. She usually eats 3 square meals per day,
 but her portions sizes are huge. She would like to decrease portion size, as well as alter
 some of her recipes to decrease caloric intake. She snacks a lot throughout the day
 because sometimes she has to skip meals when working longer hours, but her snacks are
 mostly chips, and other fattening foods. She would like to gain more knowledge about
 healthier, lower calorie snacks
- Allergies/Food Choices: Maria has no allergies, but she does not like peas or peanuts.
 She likes fried and pan-fried foods, so she would like to learn ways to change the cooking method and maintain taste. She usually drinks whole milk, but is willing to try fat free milk and see if she likes it.
- Exercise: Maria exercises very little outside of work. Cleaning houses five days a week keeps her fairly active to begin with, but she would like to increase her activity level. She

is considering walking or swimming in her down time to help with the weight loss and promote good health in general.

- Behavior Habits: Maria does all of the grocery shopping for her household, as well as preparing all of the meals for her family of five. She does the dishes every night, but not until after she's finished her dessert. She goes to bed late and wakes up early, which sometimes throws off her eating. Because she is very rushed in the mornings, she often eats a donut or bagel with a cup of coffee for breakfast.
- Personal Goals: Maria would like to lose weight, and she is extremely committed to accomplishing these goals. As mentioned throughout her background, she would like to learn new cooking methods and gain knowledge regarding healthier options in recipes and snacks. She would also like to make more time in the morning to have a healthier breakfast. Something quick would be best for her since she is very busy getting ready for the day. She wants to increase her exercise level, and hopefully get off of her medications some time in the near future.

Dietitian's Goals

As the dietitian, it is important to address any concerns that Maria may have in regards to her culture, cost and time effectiveness, and nutritional balance. We must meet all of her needs to the best of our ability. The following are our goals as dietitians, and the ways we plan to be sensitive to Maria's needs.

- Cultural Sensitivity: Maria does not want the diet and meal plan to lack her Mexican culture. The meal plan and recipes must show Maria how to cook Mexican food in a healthier way, rather than trying to completely change her diet. She has certain food preferences, family recipes, and many traditions that she would like to stick to. When modifying these recipes, taste must not be altered too much or Maria will not enjoy what she's eating. Maria likes to use tortillas, beans, and rice with the majority of her meals, and is not willing to give these cultural habits up.
- Cost Effectiveness: Although Maria's family is more than financially stable, the meal plan should fall within the range of low to moderate income cost. The meals and ingredients in these meals should not be too expensive. Everything should be cost efficient, so that perhaps her family could start to save a bit instead of using the extra money on unnecessary foods.
- Nutritional Balance: There are certain nutritional requirements on a weight loss meal plan that must be followed. She has a large appetite, so the meals must be balanced out using fruits and vegetables to fill the void of those farty foods that she might now be lacking in her daily diet. She wants to eat healthier meals and healthier snacks throughout the day. She must learn balance, variety, and moderation, which will help in her weight loss and overall health target. As mentioned with cultural sensitivity, Maria uses tortillas, beans, and rice with all meals, so she must learn to balance those out with vegetables or lower calorie items.

- Time awareness: Maria does not have much time throughout her days to make meals with long preparation times. The meals in the plan should be time efficient, taking less than half an hour to prepare. Because Maria works and takes care of her family, that is all of the time that she is allowed on any normal work day. For Maria, time is a big issue when it comes to eating healthy, so she simply needs to learn ways to prepare foods in less time. She should be taught about planning ahead when shopping, and also preparing some things the weekend or night before to expedite the process the day of.
- Goals concerning health issues: Maria must learn to cook with less salt and saturated fats due to her health issues. We will teach her how to cook with lower sodium products, as well as new cooking methods to substitute for her normal frying habits.

If we consider all of these goals as a dietitian and all of Maria's goals together, we should be able to come up with a very efficient meal plan for Maria to follow. We are excited to get started!

Summary of Goals

The meal plan stuck to Maria's cultural cuisine, with simple alterations here and there to make it healthier and lower in calories. She was still able to use tortillas, beans, and rice in many of her meals, which she was very happy about. The total costs fell within the USDA low-cost meal plan range, which was great!

The meal plan helped Maria learn about balance, variety, and moderation, and taught her many ways to alter her recipes. The taste of the food was maintained, even with the changes made. She is now consuming more fruits and vegetables, and actually enjoys the taste of fat free milk. She learned ways to decrease salt and saturated fats, and is not using more low sodium products, as well as broiling and baking rather than pan-frying or deep-frying. She actually enjoys the taste of these cooking methods better.

The meals planned were easy to make and didn't take too much time out of her busy afternoons and evenings. She agrees that the extra couple of minutes that it takes to make vegetables or other healthy meals is well worth it. She is waking up fifteen minutes earlier and going to bed an hour earlier so that it's easier for her to make breakfast, and so that it doesn't throw off her scheduled meals.

Maria learned a lot about nutrition and foods in general. She was very satisfied by the information that this meal plan provided to her and her family. She is losing weight already, and is very excited to see what the future holds for her once she's on her own with her meal planning.

Gender:

Female

Activity Level:

Active

eight:

5 ft 2 in

Weight:

152 lbs

Age:

49.5 yrs

BMI:

27.80

Diet Adjustment: - 500 Calories

				Recommended Da	aily Nutrients
Basic Components		Niacin-B3	14.00 mg	Fluoride	3.00 mg
Calories	1786.72	Niacin Equiv.	14.00 mg	lodine	150.00 mcg
Calories from Fat	500.31	Vitamin-B6	1.30 mg	Iron	18.00 mg
Calories from Saturated Fat	160.83	Vitamin-B12	2.40 mcg	Magnesium	320.00 mg
Protein	55.16 g	Biotin	30.00 mcg	Manganese	1.80 mg
Carbohydrates	245.67 g	Vitamin C	75.00 mg	Molybdenum	45.00 mcg
Dietary Fiber	25.01 g	Vitamin D (U	200.00 IU	Phosphorus	700.00 mg
Fat - Total	55.59 g	Vitamin D mcg	5.00 mcg	Potassium	4700.00 mg
Saturated Fat	17.87 g	Vit E Alpha-Tocopherol	15.00 mg	Selenium	55.00 mcg
Mono Fat	19.85 g	Folate	400.00 mcg	Sodium	1500.00 mg
Poly Fat	17.87 g	Folate DFE	400.00 mcg	Zinç	8.00 mg
Cholesterol	300.00 mg	Vitamin K	90.00 mcg	Poly Fats	
Water	2700.00 g	Pantothenic Acid	5.00 mg.	18:2-Linoleic	12.00 g
Vitamins		Minerals		18:3-Linolenic	1.10 g
Vitamin A IU	3500.00 IU	Calcium	1000.00 mg	Other	
Vitamin A RAE	700.00 mcg	Chloride	2300.00 mg	Choline	425.00 mg
Thiamin-B1	1.10 mg	Chromium	25.00 mcg		
Riboflavin-B2	1.10 mg	Copper	0.90 mg		

Gender:

Female

Activity Level: Active

eight:

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- El-	
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				Recommended Da	aily Nutrients
Basic Components		Niacin-B3	14.00 mg	Fluoride	3.00 mg
Calories	2286.72	Niacin Equiv.	14.00 mg	lodine	150.00 mcg
Calories from Fat	640.26	Vitamin-B6	1.30 mg	Iron	18.00 mg
Calories from Saturated Fat	205.83	Vitamin-B12	2.40 mcg	Magnesium	320.00 mg
Protein	55.16 g	Biotin	30.00 mcg	Manganese	1.80 mg
Carbohydrates	314.42 g	Vitamin C	75.00 mg	Molybdenum	45.00 mcg
Dietary Fiber	32.01 g	Vitamin D IU	200.00 fU	Phosphorus	700.00 mg
Fat - Total	71.14 g	Vitamin D mcg	5.00 mcg	Potassium	4700.00 mg
Saturated Fat	22.87 g	Vit E Alpha-Tocopherol	15.00 mg	Selenium	55.00 mcg
Mono Fat	25.41 g	Folate	400.00 mcg	Sodium	1500.00 mg
Poly Fat	22.87 g	Folate DFE	400.00 mcg	Zinc	8.00 mg
Cholesterol	300.00 mg	Vitamin K	90.00 mcg	Poly Fats	
Water	2700.00 g	Pantothenic Acid	5.00 mg	18:2-Linoleic	12.00 g
Vitamins		Minerals		18:3-Linolenic	1.10 g
Vitamin A IU	3500.00 IU	Calcium	1000.00 mg	Other	10100/07.00
Vitamin A RAE	700.00 mcg	Chloride	2300.00 mg	Choline	425.00 mg
Thiamin-B1	1.10 mg	Chromium	25.00 mcg		20.01603000000000000000000000000000000000
Riboflavin-B2	1.10 mg	Copper	0.90 mg		



Menu Day One

Breakfast

Huevos Rancheros Refried Beans with Cheddar Cheese Fat-Free Milk

Snack

Apple

Lunch

Romaine Salad with Vegetables Fat Free Ranch Dressing Apple Juice

Snack

Nonfat Vanilla Yogurt Green Seedless Grapes

Dinner

Ground Beef Taco Brown Rice Pinto Beans Baked Tortilla Chips Chunky Salsa Guacamole

Menu Day Two

Breakfast

Cantaloupe Watermelon Whole Wheat Bread Margarine Grape Jam

Snack

Nonfat Blueberry Yogurt

Lunch

Tortilla Soup Spinach Salad with Vegetables Fat Free Italian Dressing

Snack

Low Fat Popcorn

Dimmer

Chili Relleno with Green Rice Black Beans

<u>DAY ONE - MEAL PLAN</u>

Meal	Quantity	Food Item
Breakfast	1 each	Huevos Rancheros *
	1/4 cup	Fat Free Refried Beans
) tbsp	Low Fai Shredded Cheddar Cheese
	1.5 сир	Fat Free Milk
Snack	l each	Medium Apple
Lunch	2 cups	Chopped Romaine Lettuce
	l each	Small Tomato
	1/4 each	Cucumber
	1/6 each	Red Onion
	1/4 each	Red Bell Pepper
	1/4 cup	Grated Carrots
	l each	Apple Juice Box
	2 tbsp	Fut Free Ranch Dressing
Spack	6 oz	Nonfat Vanilla Yogurt
	⅓ cup	Green Seedless Grapes
Dinner	1 each	Taco with Ground Beef *
	1/2 cup	Brown Rice
	1/4 cup	Canned Pinto Beans
	3 tbsp	Chunky Salsa
	l oz	Light Baked Tortilla Chips
	l 1bsp	Guacamole

* Recipe

<u>DAY TWO - MEAL PLAN</u>

Meal	Quantity	Food Item
Breakfast	1/2 cup	Diced Watermelon
·	1/2 cup	Cantaloupe Cubes
	1 piece	Whole Wheat Bread
	l tsp	Margarine
	l tsp	Grape Jam
Snack	6 oz	Nonfat Blueberry Yogurt
Lunch	l each	Tortilla Soup *
	l each	Small Tomato
	1/4 each	Cucumber
	1/6 each	Red Onion
	l cup	Spinach
	2 tbsp	Fat Free Italian Dressing
Snack	2 oz	Fat Free Microwave Popcorn
Dinner	l each	Chili Relleno with Green Rice *
	1/2 cup	Canned Black Beans
* Recipe		



Huevos Rancheros

(Modified)
Servings per recipe: 6



Ingredients:

1 jar (16 oz) Old El Paso® salsa (any variety) 264 g egg whites* 6 Whole wheat tortillas* 3 oz. Shredded Colby cheese

Preparation

In 10-inch skillet, heat salsa until bubbly.

Carefully break eggs into skillet.

Cover; simmer over medium-low heat 6 to 7 minutes or until eggs are thoroughly cooked.

Meanwhile, warm tortillas as directed on package.

Serving

To serve, place 1 tortilla on each individual plate; sprinkle with cheese. Spoon 1 egg with salsa onto each tortilla.

*Modifications

Flour tortillas were replaced with whole white tortillas Egg whites replaced whole eggs.

Total Weight: 1084.65 g (38.26 oz-wt.)

Serving Size: 180.78 g (6.38 oz-wt.)

erves: 6.00

Cost: --

		·		Foodlist
Amount for		Amount for		ESHA
6 servings	Food Item	1 serving	Cost	Code
16 oz-w1	Chunky Salsa CAM-PA	2.66667 oz-w		7480
264 g	Egg Whites-Raw	44 g		19507
6 each	Whole Wheat Tortillas HCG-GE	Leach		71938
3 02-W1	Low Fat Colby Cheese-Shredded	0.5 oz-wt		1463

Nutrients per Serving

Calories	204.54	Fat - Total	3.99 g
Protein	12.25 g	Saturated Fat	0.62 g
Carbohydrates	27.32 g	Vitamin A RE	32.27 mcg
Dietary Fiber	3.57 g	Vitamin C	0 mg
Cholesterol	2.98 mg	Sodium	873.36 mg
% Calories from fat	19 %	% Calories from carbs	56 %

				M	(ulti-Column
Basic Components		A - Carolenoid	23.76 RE	Copper	0.01 mg
Calories	204.54	A - Retinol	8.SI RE	Iodine	24.20 mcg
alories from Fat	35.93	Thiamin-B1	0.00 mg	Iron	1 17 mg
Calories from Saturated Fat	5.54	Riboflavin-B2	0.22 mg	Magnesium	7.11 mg
Protein	12.25 g	Niacin-B3	0.05 mg	Manganese	0.01 mg
Carbohydrates	27.32 g	Vitamin-B6	0.01 mg	Molybdenum	mcg
Dietary Fiber	3.57 g	Vitamin-B12	0.11 mcg	Phosphorus	75.21 mg
Sugar - Total	4.54 g	Biotin	3.08 mcg	Potassium	81.08 mg
Other Carbs	19.21 g	Vitamin C	0 നള	Selenium	10.86 meg
Fat - Total	3.99 g	Vii E Alpha-Tocopherol	0.01 mg	Sodium	873.36 mg
Saturated Fat	0.62 g	Folate	3.32 mcg	2inc	0.27 mg
Mono Fat	0.30 g	Folate OFE	3.32 mcg	Other	J
Poly Fat	0.03 g	Vitamin K	0.09 mcg	Alcohol	0 g
Trans Farry Acids	0 g	Pantothenic Acid	0.11 mg	Caffeine	0 mg
Cholesterol	2.98 mg	Minerals		Choline	2.67 mg
Vitamins	, and the second	Calcium	61.91 mg		
Vitamin A RAE	20.39 mcg	Chromium	wcg		

HUEVOS RANCHEROS

9/8/2009

Nutri			CIZ
Serving Size			
Servings Pe	r Conlas	ner	
Amount Per Se	nden.		
		ilaa laan	- Cal 46
Calories 20	y Calo	IIDS IIQI	u Lai 3c
		% D	ally Vatue
Total Fat 49			6%
Saturated	Fat 0.59	_	3%
Cholesterol	5mg		1%
Sodlum 870	mg	1000	36%
Total Carbo	hydrate	279	9%
Dietary Fib	er 4g		14%
Sugars 5g			
Protein 12g			
	,	14	· - 0 04
Vitamin A 69	6 4	Vilam	in C 0%
Calcium 6%	•	Iron 6	%
"Percent Daily V calorie diet. You or lower depend	daily valu	es may be calone re	higher
Total Fat	Less than	659	80g
Saturated Fat			250
Cholesterot Sodium	Less than		300mg 2,400mg
Total Carbonydr		300a	2,400mg
Dietary Fiber	-,-	25g	30g

Tacos w/ Ground Beef

(Modified)

Servings per recipe: 6 tacos

Ingredients

½ lb Ground chuck

1 ½ teaspoons Taco Seasoning Blend
4 tbsp Water
½ cup small Onion chopped
6 Unsalted Corn Tortillas*
5 sprays of Cooking spray*

Condiments

6 tbs. Onions; chopped 6 tbs. Tomato; chopped 6 tbs. Lettuce; shredded 3 oz Low Fat Cheddar Cheese; shredded*

Preparation

Brown ground chuck in a large skillet over medium heat, add chopped onion and stir until both onion and meat are cooked; drain. Add Taco Seasoning Blend and 4 tablespoons of water, stirring well. Cook over medium heat 3 to 5 minutes or until liquid evaporates, spoon meat

*Modifications

Unsalted corn tortillas were used instead of taco shells
Cooking spray was used instead of oil
Low Fat Cheddar cheese war used instead of regular Cheddar cheese



Total Weight: 701.83 g (24.76 oz-wt.) Serving Size: 116.97 g (4.13 oz-wt.)

erves: 6.00

Cost: -

				Foodlist
Amount for		Amount for		ESHA
6 servings	Food Item	1 serving	Cost	Code
0.5 lb	Beef Chuck Ground ExtraLean-Raw MVR-NL	0.08333 lb	-+	47441
1.5 tsp	Taco Seasoning-Dry Mix GML-EP	0.25 tsp		26482
0.5 cup	Fresh White Onions-Chpd	0.08333 cup	**	5101
6 each	Corn Tortilla Unsalted rtb Medium-6"	I each	**	42297
5 each	Baking Cooking Spray-1/3Sec Spray CON-PM	0.83333 each	41	44954
6 tbs	Fresh White Onions-Chpd	1 tbs	***	5101
6 tbs	Fresh Red Tomatoes YearRoundAvg-Chpd/Slc	1 tbs	44	5170
6 tbs	Fresh Boston Lettuce-Shred/Chpd	I tbs.	**	4858
3 oz-wt	Low Fat Cheddar Cheese-Shredded	0.5 oz-wt	~4	1448

Nutrients per Serving

Calories.	139.26	Fat - Total	3.36	g
Protein	12.67 g	Saturated Fat	1.38	g.
Carbohydrates	15.58 g	Vitamin A RE	32.01	mcg
Dietary Fiber	1.92 g	Vitamin C	3.28	mg
Cholesterol	22.98 mg	Sodium	182.95	mg
% Calories from fat	21 %	% Calories from carbs	44	%

				M	ulti-Column
Basic Components		A - Carotenoid	21.01 RE	Copper	0.06 mg
Calories	139.26	A - Retinol	8.51 RE	Iodine	0.58 mcg
Calories from Fat	30.26	Thiamin-B1	0.05 mg	Iron	1.24 mg
Calories from Saturated Fat	12.45	Riboflavin-B2	0.06 mg	Magnesium	23.19 mg
Protein .	12.67 g	Niacin-B3	2.17 mg	Manganese	0.15 mg
Carbohydrates	15.58 g	Vitamin-B6	0.10 mg	Molybdenum	1.94 mcg
Dietary Fiber	1.92 g	Vitamin-B12	0.87 mcg	Phosphorus	160.85 mg
Sugar - Total	1.39 g	Biotin	1.87 mcg	Potassium	118.31 mg
Other Carbs	1.51 g	Vitamin C	3.28 mg	Selenium	3.62 mcg
Fat - Total	3.36 g	Vit E Alpha-Tocopherol	0.12 mg	Sodium	182.95 mg.
Saturated Fat	1.38 g	Folate	39.83 mcg	Zinc	2.07 mg
Mono Fat	1.14 g	Folate DFE	57.77 mcg	Other	
Poly Fat	0.51 g	Vitamin K	4.58 mcg	Alcohol	0 g
Trans Fatty Acids	0 g	Pantothenic Acid	0.12 mg	Caffeine	0 mg
Cholesterol	22.98 mg	Minerals	10.7	Choline	4.65 mg
Vitamins		Calcium	112.02 mg		-
Vitamin A RAE	19.01 mcg	Chromium	0.12 mcg		

TACOS WITH GROUND BEEF

9/8/2009

Amount Per Se	cvina				
Calories 14	-	alor	ies fro	m Fa	1 3
			% (alfy V	al us
Total Fat 3.	.5g				59
Saturated	Fat	1.50	1		79
Cholestero	1 250	ng			89
Sodium 18	Oma				89
Total Carbo	shvd	rate	16a		59
Dletary Fil	-	_			89
Sugars 1g	2.50	-			
Protein 130				-	
			1.00	_	
Vitemin A 4		•	Vitan		67
Calcium 10	%	4	fepn (5%	-
Percent Daily V calorie diet. You or lower depend	or daily ding or	you	ues may	be high	nec
			65a	80a	_

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Tortilla Soup

(Modified)

Servings per recipe: 5

Ingredients

2 tbsp Vegetable oil 1/2 cup Small onion, diced

2 Tbs. minced garlic

2 Jalapenos, finely diced

6 cups Low-sodium chicken broth*

Salt * 1 (14.5-curse) Can fir

1 (14.5-ounce) Can fire roasted diced tomatoes

1 (14.5-ounce) Can black beans, rinsed and drained

1 lb. Chicken breasts, boneless and skinless

2 Limes, juiced, plus wedges for garnish

1 Cup roughly chopped fresh cilantro leaves

1 (8-inch) Flour tortilla, grilled, cut into thin strips

1 Avocado, pitted, slices

1 Cup shredded low fat Monterrey cheese*

12 oz Corn *

5 oz Carrots*

1 cup Squash *

Preparations

In a large saucepan, heat the vegetable oil. Add the onions and cook for two minutes. Once the onions have softened, add the garlic and jalapenos and cook for another minute. Pour the chicken broth, tomatoes, and beans into the pot and bring to a boil. Once at a boil, lower heat to simmer and add your chicken breasts and vegetables. Cook the chicken for 20 to 25 minutes. Once chicken is cooked, remove from pot. When cool enough to handle, shred it and set it aside. Add lime juice and fresh cilantro to the pot. In a serving bowl, add a mound of shredded chicken. Ladle soup over chicken and top with a lime wedge, grilled tortilla strips, avocado slices, and cheese.

*Modifications

Salt was omitted

Corn, carrots, and squash were added

Low sodium chicken soup and low fat Monterrey Jack cheese replaced the original items of regular chicken soup and regular Monterrey Jack cheese.



Total Weight: 3780.40 g (133.35 oz-wt.) Serving Size: 756.08 g (26.67 oz-wt.) 3rves: 5.00

Cost:

				Foodlist
Amount for		Amount for		ESHA
5 servings	Food Item	1 serving	Cost	Code
2 tbs	Pure Vegetable Oil JMS-CR	0.4 tbs	747	90965
0.5 cup	Fresh White Onions-Chpd	0.1 cup	***	5101
2 tbs	Minced Garlie-Wet MCC-CS	0.4 tbs	**	9473
2 each	Fresh Jalapeno Peppers .	0.4 each	***	7931
6 cup	Low Sodium Chicken Broth-Cnd	1.2 cup		92184
14.5 oz-wt	Organic Fire Roasted Tomatoes-Cnd GML-MG	2.9 oz-wt	**	9680
14.5 oz-wt	Black Beans-Cnd BUS-BB	2.9 oz-wt	***	9262
1 16	AP Raw-Boneless: Chicken Broil/Fry Breast w/oSkin-Frd	0.2 lb	***	15057
2 each	Fresh Lime Juice-Yield Per Fruit	0.4 each	***	71095
I cup	Fresh Cilantro-Leaves	0.2 cup		92175
l each	Flour Tortilla rtb-7" to 8"	0.2 each		42026
l each	All Varieties Fresh Avocado	0.2 each		3016
1 cup	Low Fat Monterey Cheese-Shredded	0.2 cup	- %	48335
12 oz-wt	Yellow Sweet Corn Drained-12oz Can	2.4 oz-wt	**	5066
5 oz-wt	Carrots Fzn-10oz Pkg	l oz-wt		6776
1 cup	All Types Fresh Summer Squash Slices	0.2 cup		5151

Nutrients per Serving

Calories	550.65	Fat - Total	23.40 g
rotein	40.91 g	Saturated Fat	6.23 g
arbohydrates	49.23 g	Vitamin A RE	542.75 mcg
Dietary Fiber	11.09 g	Vitamin C	28.34 mg
Cholesteroi	67.53 mg	Sodium	1024.20 mg
% Calories from fat	37 %	% Calories from carbs	34 %

				Multi-Column
	A - Carotenoid	444.48 RE	Copper	0.37 mg
550.65	A - Retinds	35.03 RE	lodine	1.12 mcg
210.57	Thiamin-B1	0.19 mg	lron	4.41 mg
56.07	Riboflavin-B2	0.41 mg	Magnesium	63.15 mg
40.91 g	Niacin-B3	14.24 mg	Manganese	0.35 mg
49.23 g	Vitamin-B6	0.71 mg	Molybdenum	3.51 mcg
11.09 g	Vitamin-B12	0.69 mcg	Phosphorus-	423.61 mg
9.19 g	Biotin	2.12 mcg	Potassium	926.75 mg
27.74 g	Vitamin C	28.34 mg	Selenium	21.69 mcg
23.40 g	Vit E Alpha-Tocopherol	2.73 mg	Sodium	1024.20 mg
6.23 g	Folate	97.21 mcg	Zinc	2.38 mg
9.97 g	Folate DFE	103.48 mcg	Other	
4.90 g	Vitamin K	26.88 mcg	Alcohol	0 g
	Pantothenic Acid	1.58 mg	Caffeine	0 mg
67.53 mg	Minerals		Choline	92.01 mg
	Calcium	261.40 mg		
257.27 mcg	Chromium			
	210.57 56.07 40.91 g 49.23 g 11.09 g 9.19 g 27.74 g 23.40 g 6.23 g 9.97 g 4.90 g 0 g 67.53 mg	550.65 A - Retinol 210.57 Thiamin-B1 56.07 Riboflavin-B2 40.91 g Nincin-B3 49.23 g Vitamin-B6 11.09 g Vitamin-B12 9.19 g Biotin 27.74 g Vitamin C 23.40 g Vitamin C 4.90 g Vitamin K 5.23 g Folate DFE 6.23 g Folate DFE 7.24 g Vitamin K 6.25 g Folate DFE 8.25 G Folate DFE 8.26 G Folate DFE 8.27 G Folate DFE 8.28 G Folate DFE 8.29 G Folate DFE 8.29 G Folate DFE 8.20 G Folat	550.65 A - Retindl 35.03 RE 210.57 Thiamin-B1 0.19 mg 56.07 Riboflavin-B2 0.41 mg 40.91 g Niacin-B3 14.24 mg 49.23 g Vitamin-B6 0.71 mg 11.09 g Vitamin-B12 0.69 mcg 9.19 g Biotin 2.12 mcg 27.74 g Vitamin C 28.34 mg 23.40 g Vit E Alpha-Tocopherol 2.73 mg 6.23 g Folate 97.21 mcg 9.97 g Folate DFE 103.48 mcg 4.90 g Vitamin K 26.88 mcg 0 g Pantothenic Acid 1.58 mg 67.53 mg Minerals Calcium 261.40 mg	A - Carotenoid 444.48 RE Copper

TORTILLA SOUP

9/8/2009

Nutrition Facts

Serving Size Servings Per		21	
Amount Per Ser Calories 550		es from	Fat 210
08101103 201	o dayin		kiy Value
Total Fat 23	g		36%
Saturated I	Fat 6g		31%
Cholesterol	70mg		23%
Sodium 102	43%		
Total Carbo		19q	16%
Dietary Fib		- 3	44%
Sugars 9g			
Protein 41g			
Vitamin A 10	0% 4	Vitamir	C 45%
Calcium 25%	6 .	Iron 25	%
"Percent Daily V calorie diel, You lower depending	daily values on your calc	may be h xie needs	igher or
	Calories:	2,000	2.500
	Less than	65g	80g
Saturated Fat	Less than	65g 20g	80g 25g
Saturated Fat Cholesterol	Less than Less than Less than	65g 20g 300mg	80g 25g 300mg
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydri	Less than Less than Less than	65g 20g 300mg	80g 25g 300mg

Calories per gram: Fal 9 • Carbohydrale 4 • Protein 4

Chili Relleno

(Modified)

Servings per recipe: 4

<u>Ingredients</u>

4 cups Low sodium Chicken, divided*

1 Bay leaf *

2 cups White rice

4 large Poblano peppers

3 cups Frozen corn kernels

3 tbs Vegetable oil*

1 cup Red onion, chopped

1 tbs Gartic, chopped

1 tsp Jalapeno

Salt*

1 (15-ounce) can Fire roasted diced tomatoes, drained well

1 1/2 tsp Ground cumin

½ tsp Dried Mexican oregano,

1/2 tsp Ground black pepper

1/2 cup Fresh cilantro leaves

1/2 lb. Spinach leaves, develned and coarsely chopped

½ cup Scallions, coarsely chopped

2 fl. oz. Lime juice

1 cup Low fat Shredded Monterrey Jack*

Preparation

Place poblanos under broiler and char evenly all over, 15 minutes.

While peppers and rice are cooking, defrost frozen corn and dry by spreading out on clean kitchen towel. Heat 2 tablespoons light oil in a skill over high heat. When the oil smokes or ripples, add corn, onion, jalapenos, and toss until the vegetables charred at edges and onions are tender, 4 to 5 minutes. Reduce heat to medium-high and add in garlic, fire roasted tomatoes, and season with cumin, oregano, salt and pepper. Cook another minute or 2 then turn pan off.

Place the cilantro, spinach, scallions, lime zest, half of a cup of stock, and a tablespoon of oil in food processor and process into coarse green paste. Stir into your rice pot in the last 3 to 4 minutes of its cooking time.

Sprinkle the lime juice over the corn mixture.

Split the charred peppers open but not in half with small sharp knife then scoop out the seeds with a small spoon. Place peppers in a shallow baking dish and stuff each split pepper with lots of the corn mix, top each pepper with ¼ cup cheese and place back under broiler to melt and char the cheese.

Serve peppers on beds of green rice!

*Modifications

Salt and vegetable oil were omitted. Low sodium chicken soup and low fat Monterrey Jack cheese replaced the original items of regular chicken soup and regular Monterrey Jack cheese. Bay leaf was omitted in the recipe.

Source for recipe: Rachael Ray, www.FoodNetwork.com



Total Weight: 2991.78 g (105.53 oz-wt.) Serving Size: 747.94 g (26.38 oz-wt.)

erves: 4.00

Cost: -

				Foodlist
Amount for		Amount for		ESHA
4 servings	Food Item	1 serving	Cost	Code
4 cup	Low Sodium Chicken Broth-Cnd	I cup	**	92184
2 cup	Medium Grain White Rice-Ckd	0.5 cup	***	38097
4 each	Fresh Hungarian Peppers = Polyland Peppers	1 each		7934
3 cup	YellowSweetCornCobKernels Ckd f/Fzn-Drnd	0.75 cup	40	5365
1 cup	Fresh Red Onions-Chpd	0.25 cup	**	7498
1 tbs	Fresh Garlic Cloves	0.25 tbs		26005
1 tsp	Fresh Sliced Jalapeno Peppers	0.25 tsp	-4	7932
15 oz-w1	Organic Fire Roasted Tomatoes-Cnd GML-MG	3.75 oz-wt	44	9680
1.5 tsp	Ground Cumin Seed AST	0.375 tsp	**	26503
0.5 tsp	Ground Mexican Oregano AST	0.125 tsp		26518
0.5 tsp	Ground Black Pepper AST	0.125 tsp		26522
0.5 cup	Fresh Cilantro-Leaves	0.125 cup	**	92175
0.5 lb	Fresh Spinach Leaves	0.125 lb	**	6863
0.5 cup	Fresh Scallion Onions Bulbs & Tops-Chpd	0.125 cup	**	6834
2 fl oz	Fresh Lime Juice	0.5 fl oz		3072
1 cup	Low Fat Monterey Cheese-Shredded	0.25 cup	**	48335

Nutrients per Serving

commenter bear on			
Calories	439.99	Fat - Total	9.27 g
rotein	22.58 g	Saturated Fat	4.66 g
_arbohydrates	73.25 g	Vitamin A RE	717.67 mcg
Dietary Fiber	7.37 g	Vitamin C	70.55 mg
Cholesterol	18.36 mg	Sodium	525.19 mg
% Calories from fat	18 %	% Calories from carbs	63 %

					Multi-Column
Basic Components		A - Carotenoid	597.18 RE	Copper	0.37 mg
Calories	439.99	A - Retinol	38.70 RE	lodine	6.83 mcg
Calories from Fat	83.39	Thiamin-B)	0.48 mg	Iron	5.76 mg
Calories from Saturated Fat	41.96	Riboflavin-B2	0.42 mg	Magnesium	115.77 mg
Protein	22.58 g	Niacin-B3	7.77 mg	Manganese	1.21 mg
Carbohydrates	73.25 g	Vitamin-B6	0.71 mg	Molybdenum	4.84 mcg
Dietary Fiber	7.37 g	Vitamin-B12	0.47 mcg	Phosphorus	382.44 mg
Sugar - Total	11.16 g	Biotin	2.82 mcg	Potassium	1066.78 mg
Other Carbs	52.72 g	Vitamin C	70.55 mg	Selenium	13.19 mcg
Fat - Total	9.27 g	Vit E Alpha-Tocopherol	1.50 mg	Sodium	525.19 mg
Saturated Fat	4.66 g	Folate	240.13 mcg	Zinc	2.80 mg
Mono Fat	2.60 g	Folate DFE	276.40 mcg	Other	
Poly Fat	1.21 g	Vitamin K	307.22 mcg	Alcohol	0 g
Trans Fatty Acids	0 g	Pantothenic Acid	0.88 mg	Caffeine	0 mg
Cholesterol	18.36 mg	Minerals		Choline	26.72 mg
Vitamins		Calcium	325.97 mg		
Vitamin A RAE	337.29 mcg	Chromium	0.68 mcg		

CHILI RELLENO

Nutrition Facts Serving Size (748g) Servings Per Containar Amount Per Serving Calories 440 Calories from Fat 80 % Daily Value Total Fat 9g 14% Saturated Fat 4.5g 23% Cholesterol 20mg 6% 22% Sodium 530mg Total Carbohydrate 73g 24% Dielary Fiber 7g 29% Sugars 11g Protein 23g Vitamin A 130% - Vitamin C 120% Calcium 35% Iron 30% Percent Daity Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500 Total Fat Less than 65g 80g Dietary Fiber 259 30g Calones per gram: Fat 9 · Carbohydrate 4 · Provein 4



otal Weight: 4346.82 g (153.33 oz-wt.)

rving Sizerves: ost:	2e: 4346.82 g (153 33 oz-wt.)						
							Spreadsheet
		Cost	Weight	Cals	Prot	Carb	Fiber
mount	Food Item		(g)		(g)	(g)	(g)
	DAY ONE		1,867		567	/ABA	16/
	BREAKFAST						
cl each	HUEVOS RANCHEROS		180.78	204.54	12.35	27.32	3.57
25 cup	Fat Free Refried Beans Crist BOF-OR	-	65.50	65.00	4.00	12.50	4.50
1 tbs	Low Fat Cheddar Clisson-Shoudded		7.06	12.72	1.72	0.13	0
1.5 cup.	Skim Milk w/Aild NonFat MilkSolula & VIIA		367.20	135.86	33.43	19.43	0
	SNACK						
I back	Fresh Apples w/Peel-Mind 3** LUNCH		182.00	94.64	0.41	25.11	4.37
2 cup	Fresh Romaine Lettuce-Chpd		94.00	15.98	1.16	7.09	1.07
1 each	Fresh Red Torratoes YearRndAvg Smi-2 2/5"		91.00	16.38	0.80	3.57	1.09
25 each	Fresh Cucumber Whole 8.25" Long		75.25	11.29	0.49	2.73	0.39
16 each	Fresh Red Onions Medium Whole-2-8"		17.60	7.04	0.19	1.64	0.30
25 each	Fresh Sweet Red Bell Peppery-Med		29.75	9.22	0.29	1.79	0.60
25 cup	Fresh Carrots-Grated		37.50	11.28	0.26	2.63	0.77
1 each	Apple Juice Unsweetened # 45 fl oz Box		262.00	123:14	0:16	30.60	0.26
2 tbs	FatFree Ranch Dressing K//T////K SNACK	-	35.00	48.30	0.24	10.71	0.21
6.02-W1	NonFat Vanilla Yogurt w/Low Cal Swins		170.10	79.95	6.57	12.76	0
qua 2.0	Fresh Grapes FDA DINNER		84.00	60.00	-0-	15.33	0.67
I each	TACOS WITH GROUND REEF ONE TACO!		105.16	118.82	-9.79	15.36	1.92
0.5 cup	Medium Grain Brown Rice-Ckd		97.50	109.20	2.26	22.92	1.75
25 cup	Organic Pinto Beam-Cod HCG-WN	_	65.00	50.00	11.000	9.50	3.30
3 tbs	Chunky Salsa CAM-PA	_	48.00	12.00	0	5.00	0.99
1.02-01	Light Baked Tortilla Claps.		28.35	131.83	2.47	20.81	1.62
1.tbs.	California Style Gussamolo YFL DAY TWO	-	14.00	28.50	0.50	1.50	1.00
	BREAKFAST						
0.5 cup	Fresh Diced Watermelan		76.00	22.80	0.46	5.74	0.30
0.5 сир	Fresh Cantaloupe Melon Cubes		80.00	27.20	0.67	6.53	0.67
1 piece	Whole Wheat Bread-Slc		28.00	69.16	1.63	11-56	1.90
1 1sp	80% Fat Margarine Unsatted-Tuli-		4.73	33,75	0:01	0.04	0
A tsp	Concord Grape Jam JMS SNACK	-	6.67	16.67	.0	4.33	0
6 oz-wt	NonFat Blueberry Yogurt CCM LUNCH		150 19	97.41	5.00.	17.98	0
/1 each	TORTILLA SOUP - ONE SERVING	_	756.08	550.65	10.91	49.23	11.09

erves: ost:	1.00			_			
						Spre	eadsheet
kmount	Food Item	Vit C (mg)	Fola (mcg)	Calc (mg)	Iron (mg)	Sod (mg)	
	DAYONE						
	BREAKFAST						
l each	HUEVOS RANCHEROS	0	3.32	61.91	1.17	873.36	
.25 cup	Fat Free Refried Beans-Cnd BGF-OR	0.60		30.00	1.35	285.00	
1 tbs	Low Fat Cheddar Cheese-Shredded	0	0.78	29.31	0.03	43.22	
1.5 сир	Skim Milk w/Add NonFat MilkSolids & VitA SNACK	3.67	18.36	473.69	0.18	194.62	
1 each	Fresh Apples w/Peel-Med 3" LUNCH	8.37	5.46	10.92	0.22	1.82	
2 cup	Fresh Romaine Lettuce-Chpd	22.56	127.84	31.02	0.91	7.52	
1 each	Fresh Red Toniatoes YearRndAvg Sml-2 2/5"	11.56	13.65	9.10	0.25	4.55	
.25 each	Fresh Cucumber Whole 8.25" Long	2.11	5.27	12.04	0.21	1.50	
.16 each	Fresh Red Onions Medium Whole-2.5"	1.30	3.34	4.05	0.04	0.70	
.25 each	Fresh Sweet Red Bell Peppers-Med	37.99	13.68	2.08	0.13	1.19	
.25 cup	Fresh Carrots-Grated	1.62	5.23	9.08	0.08	18.98	
1 each	Apple Juice Unsweetened-8.45 fl oz Box	2.36	0	18.34	0.97	7.86	
2 tbs	FalFree Ranch Dressing KFT-FR SNACK	0.03		9.10	0.02	353.85	
6 oz-w1	NonFat Vanilla Yogurt w/Low Cal Swinr	1.87	13.61	243.24	0.20	100.36	
0.5 cup	Fresh Grapes FDA DINNER	0.80		13.33	0	10.00	
l each	TACOS WITH GROUND BEEF - ONE TACO!	3.28	38.53	63.00	1.19	110.65	
0.5 сир	Medium Grain Brown Rice-Ckd	0	3.90	9.75	0.52	0.97	
.25 cup	Organic Pinto Beans-Cnd HCG-WN	1.20		20.00	0.90	70.00	
3 lbs	Chunky Salsa CAM-PA			**		345.12	
1 oz-wi	Light Baked Tortilla Chips	0.06	4.54	45.08	0.46	284.35	
I tbs	California Style Guacamole YFL DAY TWO BREAKFAST	0.90		5.00	0.09	73.50	
0.5 сцр	Fresh Diced Watermelon	6.16	2.28	5.32	0.18	0.76	
0.5 cup	Fresh Cantaloupe Melon Cubes	29.36	16.80	7.20	0.18	0.76 12.80	
l piece	Whole Wheat Bread-Slc	27.30	14.00	29.96	0.68	132 16	
Lisp	80% Fat Margarine Unsalted-Tub	0.00	0.05	0.14	0.66		
I tsp	Concord Grape Jam JMS SNACK	0		0.14	0	1.33	
6 oz-wi	NonFai Blueberry Yoguri CCM LUNCH	8.99	~~	187.33	0	86.17	
I each	TORTILLA SOUP - ONE SERVING	28.34	97.21	261.40	4.41	1024.20	

							Spreadsheet
		Sugar	Fat	Sat	TFA	Chol	A-IU
mount	Food Item	(g)	(g)	(g)	(g)	(mg)	(IU)
	DAY ONE	100			187		
	BREAKFAST						
I each	HUEVOS RANCHEROS	4.54	3.99	0.62	0	2.98	265.97
25 cup	Fat Free Refried Beans-Cnd BGF-OR	1.00	0	0	0	0	0
1 tbs	Low Fat Cheddar Cheese-Shredded	0.04	0.49	0.31		1.48	14.62
1.5 cup	Skim Milk w/Add NonFat MilkSolids & VitA SNACK	18.43	0.92	0.59	**	7.34	745.42
I each	Fresh Apples w/Peel-Med 3" LUNCH	18.91	0.31	0.05	0	0	98.28
2 cup	Fresh Romaine Lettuce-Chpd	1.12	0.28	0.04	0	0	5458.58
I each	Fresh Red Tomatoes YearRndAvg Sml-2 2/5"	2.39	0.18	0.03	0	0	758.03
25 each	Fresh Cucumber Whole 8.25" Long	1.26	0.08	0.03	0	0	79.01
16 each	Fresh Red Onions Medium Whole-2.5"	0.75	0.02	0.01	0	0	0.35
25 each	Fresh Sweet Red Bell Peppers-Med	1.20	0.09	0.01	0	0	931.47
.25 cup	Fresh Carrots-Gratted	1.30	0.07	0.01	0	0	4594.15
l each	Apple Juice Unsweetened-8.45 fl oz Box	28.56	0.29	0.05	0	0	2.62
2 tbs	FatFree Ranch Dressing KFT-FR SNACK	2.13	0.35	0.07	**	0.35	2.80
6 oz-wt	NonFat Vanilla Yogurt w/Low Cal Swtnr	12.76	0.31	0.20	**	3.40	0
0.5 сир	Fresh Grapes FDA DINNER	13.33	0	0	0	0	0
each	TACOS WITH GROUND BEEF - ONE TACO!	1.33	2.54	0.87	0	20.50	225.42
0.5 cup	Medium Grain Brown Rice-Ckd		0.81	0.16	0	0	0
.25 cup	Organic Pinto Beans-Cnd HCG-WN	1.00	0	0	0	0	0
3 ths	Chunky Salsa CAM-PA	2.01	0	0	0	0	150.24
l oz-wt	Light Baked Tortilla Chips	0.15	4.31	0.80		0.85	22.96
l tbs	California Style Guacamole YFL DAY TWO	0.50	2.50	0.50	-	0	25.00
10000	BREAKFAST						
0.5 cup	Fresh Diced Watermelon	4.71	0.11	0.01	0	0	432.44
0.5 cup	Fresh Cantaloupe Melon Cubes	5.86	0.15	0.04	0	0	2705.60
1 piece	Whole Wheat Bread-Slc	1.56	0.94	0.21	0.23	0	0.84
1 tsp	80% Fat Margarine Unsalted-Tub	0	3.79	0.67	3.4	0	169.31
1 tsp	Concord Grape Jam JMS SNACK	4.00	0	0	0	0	0
6 oz-wt	LUNCH	14.24	0	0	0	3.75	749.34
1 each	TORTILLA SOUP - ONE SERVING	9.19	23.40	6.23	0	67.53	4886.48

rves 1.00 ost:

						Spreadsheet
	Cost	Weight	Cals	Prot	Carb	Fiber
Food Item		(g)		(g)	(g)	(g)
Fresh Red Tomatoes YearRndAvg Sml-2 2/5"			16.38	0.80		1.09
Fresh Cucumber Whole 8 25" Long		75,75	17.29	0.49		0.38
Fresh Red Onions Medium Whole-2.5"		17.60	7.04	0.19		0.30
Fresh Spinach-Chpd	-	30,00	6.90	0.86		0.66
Fathree Italian Dressing KFT-FR SNACK		33.00	20.46	0.46	3.63	0.23
94% Fat Free Microwy Popcorn DINNER		\$6.70	232 47	5 86	42.76	8.05
		747.94	439.99	22.58	73:25	737
Black Beans Cnd DLM-SV		127,00	70.00	5.00	20.00	7.00
Totals	-	1346.82	2967.36	147,65	485,55	68.52
	Fresh Red Tomatoes YearRndAvg Sml-2 2/5" Fresh Cucumber Whole 8 25" Long Fresh Red Onions Medium Whole-2.5" Fresh Spinach-Chpd FatFree Italian Dressing KFT-FR SNACK 94% Fat Free Microwy Popcom DINNER CHILI RELLENO SERVING Black Beans Cnd DLM-SV	Fresh Red Tomames YearRndAvg Sml-2 2/5"	Fresh Red Tomatoes YearRndAvg Sml-2 2/5" - 91.00	Fresh Red Tomatoes YearRndAvg Sml-2 2/5" - 91.00 16.38	Food Item	Fresh Red Tornations YearRindAvg Smi-2 2/5" - 91,00 16.38 0.80 3,57

erves: 1.00

		Vit C	Fola	Calc	Iron	Sod
mount	Food Item	(mg)	(mcg)	(mg)	(mg)	(mg)
1 each	Fresh Red Tomatoes YearRndAvg Sml-2 2/5"	11.56	13.65	9.10	0.25	4.55
25 each	Fresh Cucumber Whole 8.25" Long	2.11	5.27	12.04	0.21	1.50
.16 each	Fresh Red Onions Medium Whole-2.5*	1.30	3.34	4.05	0.04	0.70
1 cup	Fresh Spinach-Chpd	8.43	58.20	29.70	0.81	23.70
2 tbs	FatFree Italian Dressing KFT-FR SNACK	0.43	**	13.86	0.08	429.66
2 oz-wt	94% Fat Free Microwv Popcorn DINNER	0	10.21	5.67	1.97	358.91
1 each	CHILI RELLENO SERVING	70.55	240.13	325.97	5.76	525.19
0.5 cup	Black Beans-Cnd DLM-SV	6.00		40.00	1.44	630.00
	Totals	273.52	718.63	2031.77	24.92	6020.77

erves: 1.00 ost: --

		Sugar	Fat	Sat	TFA	Chol	A-IU
mount	Food Item	(g)	(g)	(g)	(g)	(mg)	(IU)
1 each	Fresh Red Tornatoes YearRndAvg Sml-2 2/5"	2.39	0.18	0.03	0	0	758.03
25 each	Fresh Cucumber Whole 8.25" Long	1.26	0.08	0.03	0	0	79.01
.16 each	Fresh Red Onions Medium Whole-2.5**	0.75	0.02	0.01	0	0	0.35
1 cup	Fresh Spinach-Chpd	0.13	0.12	0.02	0	0	2813.10
2 tbs	FatFree Italian Dressing KFT-FR SNACK	2.18	0.30	0.17	-	0.99	52.14
2 oz-wt	94% Fat Free Microwy Popcorn DINNER	0.41	4.22	0.66	0.53	0	106.03
1 each	CHILI RELLENO SERVING	11.16	9.27	4.66	0	18.36	6497.36
0.5 cup	Black Beans-Cnd DLM-SV	2.00	1.00	0	0	0	0
	Totals	172.54	61.11	17.07	0.76	127.53	32624.96

)	Maria Perez - To Day Average FOOD LIST - Days One and Two		Septe
Total Weight: Serving Size: Serves:	4346.82 g (153.33 oz-wt.) 2173.41 g (76.66 oz-wt.) 2.00			
Cost:	-			
Amount for		Amount for		
2 servings	Food Item	1 serving	Cost	
	DAY ONE BREAKFAST			
1 each	HUEVOS RANCHÉROS	0.5 each	-	
0.25 cup	Fat Free Refried Beans-Cnd BGF-OR	0.125 cup	**	
1 tbs	Low Fat Cheddar Cheese-Shredded	0.5 tbs	**	
1.5 cup	Skim Milk w/Add NonFat MilkSolids & VitA SNACK	0.75 cup	_	
I each	Fresh Apples w/Peel-Med 3" LUNCH	0.5 each		
2 cup	Fresh Romaine Lettuce-Chpd	1 cup	22	
I each	Fresh Red Tomatoes YearRndAvg Sml-2 2/5"	0.5 each		
0.25 each	Fresh Cucumber Whole 8.25" Long	0.125 each		
0.16 each	Fresh Red Onions Medium Whole-2.5"	0.08 each	177	
0.25 each	Fresh Sweet Red Bell Peppers-Med	0.125 each	**	
0.25 cup	Fresh Carrots-Grated	0.125 cup	-	
1 each	Apple Juice Unsweetened-8.45 fl oz Box	0.5 each		
2 tbs	FatFree Ranch Dressing KFT-FR	I tbs	44	
	SNACK			
6 oz-wt	NonFat Vanilla Yogurt w/Low Cal Swtnr	3 oz-wt		
0.5 cup	Fresh Grapes FDA D(NNER	0.25 cup	4	
1 each	TACOS WITH GROUND BEEF - ONE TACO!	0.5 each	-	
0.5 cup	Medium Grain Brown Rice-Ckd	0.25 cup	10.	
0.25 cup	Organic Pinto Beans-Cnd HCG-WN	0.125 cup		
3 tbs	Chunky Salsa CAM-PA	1.5 tbs		
1 oz-wt	Light Baked Tortilla Chips	0.5 oz-wt	**	
1 tbs	California Style Guacamole YFL	0.5 tbs		

0.25 cup

0.25 cup

0.5 tsp

0.5 tsp

3 oz-wt

0.5 piece

DAY TWO

SNACK

LUNCH

0.5 cup

0.5 cup

1 tsp

1 tsp

piece

6 oz-wt

BREAKFAST

Fresh Diced Watermelon

Whole Wheat Bread-Slc

Concord Grape Jam JMS

Fresh Cantaloupe Melon Cubes

80% Fat Margarine Unsalted-Tub

NonFat Blueberry Yogurt CCM

Foodlist

0

0

0

3142

3075

42014

44488

23288

2448

7826

otal Weight: 4346.82 g (153.33 oz-wt.) erving Size: 2173.41 g (76.66 nz-wt.) 2.00

DINNER

19%

63%

18%

0%

ierves OWN

SATSE.				
				Foodlist
Amount for		Amount for		ESHA
2 servings	Food Item	1 serving	Cost	Code
Leach	TORTILLA SOUP ONE SERVING	0.5 cm/s	-	
Leach	Fresh Red Tomatoes Year RndAvg Sml-2 2/5"	0.5 mm5		5176
0.25 each	Fresh Cucumber Whole 8.23" Long	0.125 minW		5070
0.16 each	Fresh Red Onions Medium Whole 2.1"	D.DK enalls		7805
1 cup	Fresh Spinach-Chpd	0.5 gap	-	5146
2 tbs	FatFree Italian Drinning KFT-FR	104		8493
	SNACK			0
I 02-WT	94% Fat Free Migrowy Popeorn	l or-wi		73121

0.5 each

0.25 cup

Nutrients per Serving

source of Calories

rotein Carhohydrates

at - Total

Vicohol

Leach 0.5 cup

cure irenes been en-			
alones	1483.68	Fat - Total	30.55 g
rotein	73.82 E	Saturated Fat	8.53 g
Carbohydrates	242.77 g	Vitamor A RE	1826.05 mcg
Dietary Fiber	34.26 %	Vitamen C	136.76 mg
Tholesterol	63.76 mg	Sodium	3010.38 mg
6 Calones from fat	18 %	% Calories from carbs	63 %
6 Calones from fat	18 %	% Calories from carbs	63.5

CHILI RELLENO SERVING

Black Beans-Cnd DLM-SV

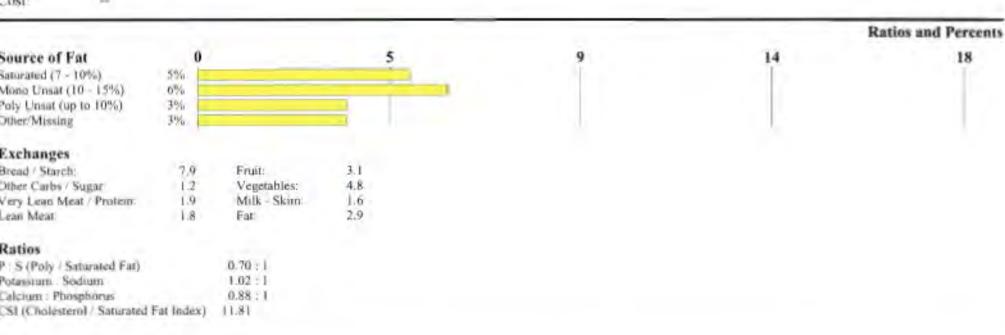
100

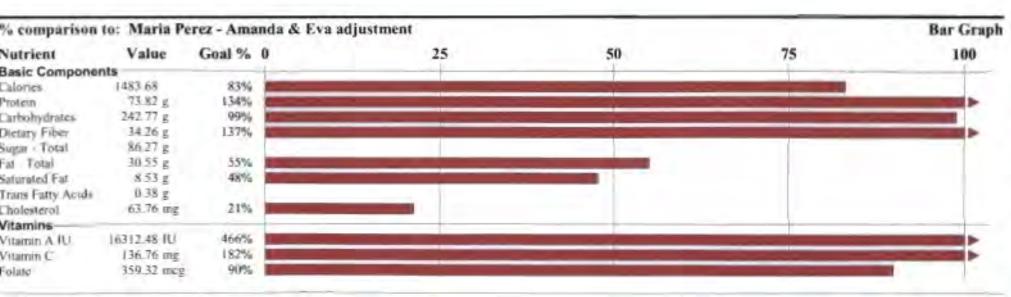
Total Weight: 4346.82 g (153.33 oz-wt.) Serving Size: 2173.41 g (76.66 oz-wt.)

Serves:

2.00

Cost





Fotal Weight: 4346.82 g (153.33 oz-wt.) Serving Size: 2173.41 g (76.66 oz-wt.)

Serves:

2.00

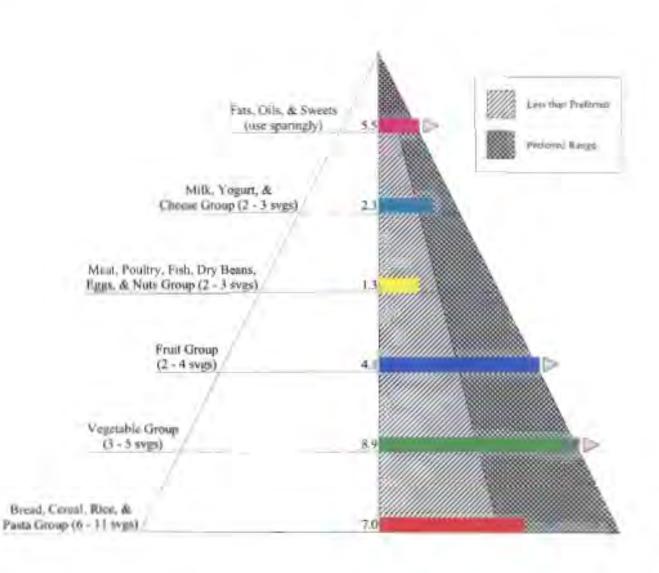
Cost:

% compariso	n to: Maria Pe	rez - Ama	nda & Eva ad	justment			Bar Graph
Nutrient Minerals	Value	Goal %	0	25	50	75	100
Calcium ton Sodium	1015.89 mg 12.46 mg 3010.38 mg	102% 69% 201%					

Total Weight: 4346.82 g (153.33 oz-wt.) Serving Size: 2173.41 g (76.66 oz-wt.)

Serves: 2.00 Cost:

Food Pyramid





Nutrient Evaluation

	Profile	Actual	Percent Difference
Calories	1786.72	1483.68	83 %
Protein	55.16 g	73.82 g	134 %
Carbohydrate	245.67 g	242.77 g	99 %
Dietary Fiber	25.01 g	34.26 g	137 %
Total Fat	55.59 g	30.55 g	55 %
Saturated Fat	17.87 g	8.53 g	48 %
Cholesterol	300.00 mg	63.76 mg	21 %
Vitamin A	3500.00 IU	16312.48 IU	466 %
Vitamin C	75 mg	136.76 mg	182 %
Folate	400.00 mcg	359.32 mcg	90 %
Calcium	1000.00 mg	1015.89 mg	102 %
Iron	18 mg	12.46 mg	69 %
Sodium	1500 mg	3010 mg	201 %



Analysis of Nutrients

CALORIES

To maintain a weight of 152 pounds, Maria should be eating 2286.72 calories per day. To lose one pound per week, she should be eating 1786.72 calories per day. The actual meal plan average for the two days yielded 1483.68 calories per day, which was 83% of her modified calorie goal. She is eating approximately 800 calories fewer per day than recommended for weight maintenance, so she will be losing 1.6 pounds per week. With a goal weight of 130 pounds, her basal metabolic rate is about 1300 calories, so she is still within a healthy weight loss range.

PROTEIN

Based off of Maria's adjusted diet for weight loss, she is recommended to consume 55.16 grams of protein per day. Her actual intake is 73.82 grams of protein per day on average, which is 134% of her RDA. This is well above what is recommended, but much of her protein intake is derived from fruit and vegetable based sources, since these sources contain low-quality proteins a combinations of proteins need to be consumed to achieve a complete protein. Also plant protein have a lower digestibility than animal proteins, so this is not of a concern to her at this time (Gropper, et. al. 2009). P237

CARBOHYDRATES

Maria's adjusted diet for weight loss suggests that she eat 245.67 grams of carbohydrates per day, and her actual intake yielded 99% of that. She consumed 242.77 grams of carbohydrates as a two-day average, which is almost perfect. Most of Maria's carbohydrates intake came from

complex carbohydrates from whole grains fruits and vegetables which have a low glycemic index responds. The benefit of eating food with a low glycemic index does not develop long and high elevation in the blood glucose level, which lowers her risk of developing obesity and chronic diseases. (Gropper, et. al. 2009) 76-77

DIETARY FIBER

Maria is recommended to have 25.01 gram of dietary fiber in her diet. Her intake was 34.26 grams of dietary fiber, which is 137% of what she should be eating. Maria's cholesterol is slightly elevated above normal, standing at 210. The increased fiber is beneficial in eliminating excess cholesterol from the body because it binds with bile and is excreted more readily. As long Maria drinks sufficient water she will benefit with the increase by reducing her risk of colon cancer since fiber shortens the transit time through the intestines and toxins can not be produced. A diet high in fiber my reduce her hunger and has a beneficial effect on her weight loss. Fiber delays emptying food from the stomach and she feels fuller longer. Fiber also delays the nutrient absorption from the small intestine, which in effect slows down glucose absorption and levels the blood glucose concentration. This lowers the risk for Maria to develop Type II diabetes (Gropper, et. al. 2009). P 118-119

TOTAL FAT AND SATURATED FAT

Maria's recommended fat intake is 55.59 grams per day. The two-day average tells us that Maria has consumed only 30.55 grams of fat, which is 55% of her recommended intake. Her saturated fat intake was also low. She was recommended to eat 17.87 grams of saturated fat per day, but only had 8.53 grams total on average. This is only 48% of her recommended intake. This is

essential to Maria's diet because she is working on lowering her blood cholesterol levels. This low intake of saturated fats will be highly beneficial to Maria's health issues. Trans- fatty acids are something that all consumers want to avoid. Maria only took in 0.38 grams on average per day, which is low enough to not result in significant health issues. The fats Maria needs for her health are essential fatty acids such as linoleic, alpha-linolenic which are found in soybean and sunflower seeds and in small amount arachidonic acids which is found in animal fats. An imbalance between omega 6 and omega 3 fatty acids can be responsible for many chronic disease and allergies (Gropper, et. al. 2009).

CHOLESTEROL

Maria's intake was 63.76 mg cholesterol per day on average, which was 21% of the daily maximum allowance. This amount is in a very healthy range because the allowed <u>maximum</u> amount of cholesterol in the daily diet is 300.00 mg per day, since cholesterol contributes to atherosclerosis and heart disease. The less one consumes in a day, the better, because our body produces a sufficient amount on its own (Gropper, et. al. 2009).

VITAMIN A

The daily requirement for Vitamin A is 3500.00 IU. On average over the two days, she consumed 466% of her daily allowance, which was 16312.48 IU. Maria may be at 466% of her Vitamin A requirements, but because it's from food sources only, it's not a problem to her.

VITAMIN C

With a daily requirement of Vitamin C as 75 mg, Maria consumed 136.76 mg, which was 182%. The total amount of Vitamin C was obtained through food in Maria's diet, so the large percentage does not present any issues to her.

FOLATE

The required amount of folate (or folic acid) per day is 400.00mcg. Maria consumed 359.32mcg, which is 90% of her daily goal. The RDAs are set high to encompass most of the population, so it's adequate if Maria is below 100% of some of her vitamins and minerals. As long as she maintains an average above 66%, she is well within a healthy range.

CALCIUM

Maria is recommended to consume 1000.00mg of Calcium per day. This is important because of bone mass loss with increasing age. She is reaching the age of menopause, so it is important to have well above the recommended amount of Calcium to reduce the risk of osteoporosis. She consumed 1015.89mg of Calcium on average per day, which is 102% of her recommended amount. To aid in the absorption of Calcium, Maria is recommended to have adequate Vitamin D consumption and sunlight to promote vitamin D synthesis in the skin (Gropper, et. al., 2009)

SPACE IRON

Maria's recommended iron intake is 18.00mg per day. She consumed 12.46mg of iron on average per day, which is 69% of her daily recommended intake. As stated in regards to her

folate intake, the RDAs are set very high. In consuming 69% of her daily recommended amount, she is well within a healthy range.

SODIUM

Maria is recommended to consume 1500.00mg of sodium per day. Her two-day intake showed us that she was actually consuming 3010.38mg of sodium per day, which is 201% of what is recommended. Maria suffers from hypertension, so it is important for her to reduce her sodium intake significantly (Gropper, et. al., 2009) 438 Our main food source for this large amount of sodium was the tortilla soup, specifically the canned products like black beans and sweet corn. Reducing her consumption of canned foods, using low sodium products, or preparing things from scratch would greatly reduce her sodium intake.

SUMMARY

In summary, we were able to meet the client's goal of losing weight. We even exceeded the weight-loss goal of Maria and could increase her caloric intake by 300 calories to stay within her goal of loosing one pound per week. Since we reached her maximum protein and carbohydrate RDA, we could increase Maria's mono- and polyunsaturated fat intake. This could be accomplished by her snacking on about two ounces of almonds or sunflower seeds which would add about 300 calories to her diet. This also would add additional folate and iron to her food intake to help her meet the RDA, which she is deficient in. In addition to cutting down on sodium, our client will benefit using chicken breasts on the bone to boost the flavor of her soup and lower her sodium intake by using frozen vegetables and dried legumes instead of canned. With this meal plan Maria is still able to enjoy her favorite ethnic food with less calories.



	C	D	E	F	G	H		1		1	K		L
DAY ONE			DED		T UNIT	#/MARKT	Mk	t. Unit		gred. Cost	Total recipe	Cos	t/serv.
PRODUCT	DESCRIPTION	QTY	UNIT	QTY	UNIT	(F/D)		Cost		1/14	Cost	16/	# serv
BREAKFAST													1
Huevos Rancheros	-	1	each	1	each				\$	0.88	\$ 5.40	5	5.40
Refried Beans	Fat Free	0.25	cup	32	OZ						35.5	30	
		0.25	cups	4	cups	16.00	\$	1.25	\$	0.08			
Cheddar Cheese	Low Fat	1	tbs	8	02								
		0.5	02	- 8	02	16.00	\$	2,50	\$	0.16			
Milk	Skim	1.5	cup	1.1	gallon								
		1.5	cup	16	cup	10.67	5	2.19	\$	0.21			
SNACK													
Apple	Medium	- 1	each	1	lb.			100					
		1	each	3	each.	3.00	5	0.99	\$	0.33			
LUNCH													
Lettuce	Romaine	2	cups	1	ea								
	1	2	cups	4	cup	2.00	\$	0.69	5	0.35			
Tomato	Fresh, Small	1	each	3	lb	-							
		1	each	15	each	15.00	\$	1,00	S	0.07			
Cucumber		0.25	each	1	each	4.00	\$	0.69	5	0.17	-		
Onion	Red, Medium	0.16	each	1	lb.		111						
		0.63	OZ	16	.02	25.40	\$	0.59	5	0.02			
Bell Pepper	Red, Medium	0.25	each	1	lb.	4.00	_		\$	-			
		8.0	07	16	02	20.00	5	1.49	5	0.07			
Carrots	Grated	0.25	cup	- 2	16	8.00			\$	-			
		1,6	52	16	0.2	10,00	5	1.00	5	0.10	-	-	
Apple Juice, Box	Unsweetened	1	each	8	each	8.00	5	1.99	5	0.25			
Ranch Dressing	Fat Free	2	Ibsp	16	OZ.								-
	100000000000000000000000000000000000000	1	02	16	02	16.00	5	1,25	5	0.08			
SNACK				11 - 4					1				
Yogurt	Vanilla Non Fat	6	oz	6	0Z	1.00	5	0.50	5	0,50			
Grapes		0.5	cup	1	1b	2.00							
		3	lo2	16	0.2	5.33	5	1.99	5	0.37			

DINNER												
TACOS	recipe	1	each				1		\$	0.67		
Rice	Brown	0.5	CUP	32	OZ							_
		0.5	cup	5	cups	10.00	\$	2.49	\$	0.25		
Beans	Pinto, Canned	0.25	спр	15	OZ				10			
		5	٥z	15	OZ	3.00	\$	0.99	\$	0.33		
Salsa	Chunky	3	tbsp	24	OZ							
		1.5	OZ	24	OZ	16.00	\$	2.99	\$	0.19		
Chips	Tortilla, Baked	1	OZ	15	oz	12.00	\$	2,99	\$	0.25		
Guacamole	200-3	1	tbsp_	12	OZ							
		0.5	OZ	12	OZ	24.00	\$	1.99	\$	0.08	_	

SHOW WORK HE	RE					•
			Weekly Cost			
			Low- Cost	542.80	\$8.56	
Day one	\$	5.40	Plan			\$51.36
			Moderate-	\$\$2,80	\$10,56	
Day two	\$	8.08	Cost Plan			\$63.36
2 day cost	\$	13.49	Monthly cost			
			Low- Cost 5	185.60	\$37.12	= \$222.72
Average cost	\$	6.74	Plan			
Weekly cost	\$	47.20	Moderate- \$	228.90	\$45.90	= \$274.68
Monthly cost	\$	188.81	Cost Plan			

	C	D	E	F	G	H		1		1	K		L
HUEVOS I	EANCHEROS.		DUNT	MARKET	UNIT	#/MARKT UNIT	Mk	t. Unit	Ingr	ed. Cost	Total recipe	Cos	t/serv
PRODUCT	DESCRIPTION	QTY	UNIT	QTY	UNIT	(F/D)	- (Cost		I/H	Cost	K/	# serv
													6
Salsa	Chunky	16	OZ	24	OZ	1.50	\$	2.99	\$	1.99	\$ 5.30	4	0.88
Egg	Whites	264	g	16	SO								
		264	g	448	g	1.70	\$	2.75	\$	1.62			
Tortillas	Whole Wheat	6	ea	24	ea	4.00	\$	2.99	\$	0.75			
Cheese	Colby, Shredded,	3	02	8	OZ	2.67	\$	2.50	\$	0.94			
		-			-		-	_	-				_

MEAL PLAT DST SHEET

=	C	D	E	F	G	H	1		J K	L
TACOS			OUNT		T UNIT	#/MARKT	Mkt. Unit	Ingred. Cost	Total recipe	Cost/serv
PRICIDUCT	DESCRIPTION	QTY	UNIT	QYT	UNIT	(E/D)	Cost	I/H	Cost	K/# serv
										6.00
Beef	Ground, Extra lean	0.5	lb -	3	lb	6.00	\$ 14.97	\$ 2.50	\$4.01	\$ 0,67
Seasoning	Taco, Dry	1.5	tsp	1	OZ					
		3.75	g	28	g	7.47	\$ 0.89	\$ 0.12		
Onlan	White, Chopped	0.5	cup	1	lb.					
		2.5	07	16	30	6.40	\$ 0.39	\$ 0.06		
Cooking Spra	ay	6	sprays	6	02					
		6	sprays	557	sprays	92.83	\$ 2.79	\$ 0.03		
Tortillas	Com	1	ea	72	ea	72.00	\$ 1.99	\$ 0.03		
Onlen	White, Chopped	- 6	tbs	1	lb					
		2.5	0Z	16	DZ	6.40	5 0,39	\$ 0.06		
Tomaloes	Fresh, Red	6	tbs	3	lbs		Land			
	1	3.2	OZ	16	DZ.	5.00	\$ 1.00	\$ 0.20		
Lettuce	Fresh, Boston	6	tbs	3	ea					
		0.25	ea	3	ea	12.00	5 1.00	\$ 0.08		
Cheese	Cheddar, Low Fat	3.	OZ	8	102	2.67	\$ 2.50	\$ 0.94		
									-	
		-			-	diameter and the second				

okay

	С	D	Ε	F	G	Н		I)		K		L
DAY TWO			MOUNT EEDED	MARKE SI		#/MARK TUNIT	Mk	t. Unit	Ing	red. Cost	ı	Total ecipe	Cos	t/serv.
PRODUCT	DESCRIPTION	QTY	UNIT	QTY	UNIT	(F/D)		Cost		I/H		Cost	K/	# serv
							<u> </u>							1
BREAKFAST											\$	8.08	\$	8.08
Watermelon		0.5	cup	1	lb_				_					
		3	ΟZ	16	οz	5.33	\$	0.25	\$	0.05				
Cantaloupe		0.5	cup	1	lb	ļ								
		3	OZ	3	OZ	1.00	\$	1.00	\$	1.00				
Bread	Whole Wheat	1	each	18	each	18.00	\$	2.50	\$	0.14	<u> </u>		1	
Margarine	Unsalted, 80% fat	1	tsp	15	OZ	 			_				{	
		1	tsp	90	tsp	90.00	\$	0.99	\$	0.01				
Jam	Grape	1	lsp	32	oz		\Box						\vdash	
		1	tsp	90	tsp	90.00	\$	1.99	\$	0.02				
SNACK			•										1	
Yogurt, Non Fat	Blueberry	6	ΟZ	6	oz	1.00	\$	0.50	\$	0.50				
LUNCH														
Tortilla Soup	recipe	1	each	1	each	1.00			\$	2.46	<u> </u>			
Tomato	Fresh, Small	1	each	3	lbs						<u> </u>		-	
	,	1	each	15	each	15.00	\$	1,00	\$	0.07			_	
Cucumber		0.25	each	1	each	4.00	\$	0.69	\$	0.17				
Onion	Red	0.16	each	1 -	lb	-							_	
		0.63	OZ	16	OZ	25.40	\$	0.59	\$	0.02			\vdash	
Spinach	Fresh	1	cup	1	each		<u> </u>		<u> </u>				 	
		0.5	each	1	each	2.00	\$	0.89	\$	0.45			1	
Salad Dressing	Italian, Fat Free	2	tbs	16	OZ		Ť		Ť					
		1	OZ	16	οz	16.00	\$	1.25	\$	0.08		-		
SNACK									Ė					
Popcorn	94% Fat Free	2	οz	9	OZ	4.50	\$	1.99	\$	0.44		-		

DINNER		-						-	
Chili Relleno	recipe	1	each	1	each	1.00		\$ 2.41	
Beans	Black, Canned	0.5	cup	15	QZ -				
		4	02	15	OZ.	3.75	0.99	\$ 0.26	

	C	D	E	F	G	H	1	3	K	L
TORTILLA SO	UP	AMO		MARKET		#/MARKT UNIT	Mkt. Unit	Ingred. Cost	Total recipe	Cost/serv
PRODUCT	DESCRIPTION	QTY	UNIT	QYT	DNE	(F/D)	Cost	I/H	Cost	K/# setV
QII	Vegetable	2	tbsp	48	OZ.					5
4.5		1	OZ	48	07	48.00	\$ 2.69	\$ 0.06	\$ 12.32	\$ 2.46
Onion	White, Chopped	0.5	cup	1	lb					-
		2.5	OZ	16	OZ	5.40	\$ 0.39	\$ 0.06		
Garlic	Minced	2	tbsp	2	lb					
		0.5	OZ	32	OZ	64.00	\$ 1.49	\$ 0.02		
Jalapenos	Fresh	2	each	1	lb					
	F-1	2	each	12	ea	6.00	\$ 0.99	\$ 0.17		
Broth	Chicken, Low Sodium	6	cups	48	OZ					
		6	cups	6	cup	1.00	\$ 3.49	\$ 3.49		
Tomatoes	Fire Roasted, Canned	14.5	OZ.	14.5	OZ	1.00	\$ 1.99	\$ 1.99		
Beans	Black, Canned	14.5	OZ	14.5	OZ	1.00	\$ 0.99	\$ 0.99		
Chicken Breast	Raw	1	16	1	lb	1,00	\$ 2.89	\$ 2.89		
Lime	Juice from each	2	each	1	Ib	-				
		2	each	12	ea	6.00	\$ 0.79	\$ 0.13		
Cilantro	Leaves	1	cup	3	each					
		1	each	3	each	3.00	\$ 1.00	\$ 0.33		
Tortillas	Flour, 7-8in	1	each	12	each	12.00	\$ 1.99	\$ 0.17		
Avocado		1	each	1	each	1.00	\$ 0.69	\$ 0.69		
Cheese	Monterrey, Low Fat	1	cup	1	lb					
		4	0Z	16	OZ	4.00	\$ 1.29	\$ 0.32		
Corn	Canned, Yellow Swee	12	OZ.	15	NO.	1.25	\$ 0.58	\$ 0.46		
Carrots	Frozen	5	oz	16	gz	3.20	\$ 1.00	\$ 0.31		
Squash	Fresh Summer	1	cup	1	lb					
		6.5	50	16	50	2,46	\$ 0.59	\$ 0.24		

MEAL PLAT DST SHEET

	C	D	E	F	G	н		1		j		K.	L	
CHILI RELLENO			DED	MARKET		#/MARK TUNIT	Mk	t. Unit		gred. Cost		tal	Cost/s	ser
PRODUCT	DESCRIPTION	QTY	UNIT	QYT	UNIT	(F/D)		Cost		1/11	C	ost	K/# 50	erv
Stock, chicken	Low Sodium	4	cups	48	OZ.								4	
		4	cups	6	cups	1.50	5	3.49	\$	2.33	.5	9.64	\$ 2.4	41
Bay leaf	Dried	1	each	0.5	02									
		1	each	40	each	40.00	5	0.69	5	0.02				
Rice	White	2	cups	5	Ibs									
		2	cups	12.5	cups	6.25	5	4.49	.5	0.72				
Peppers	Poblano	4	each	2	lbs						-			
		4	each	8	each	2.00	5	1.00	5	0.50				
Com	Frozen	3	cups	32	02:									
		15	02	32	07	2.13	5	2.98	\$	1.40				
Onions	Red	-1-	cups	1	Ibs									
		5	02	16	07	3.20	\$	0.59	5	0.18				
Garlic	Chopped	1	tsp	2	lbs									
		0.16	OZ	32	OZ	200.00	\$	1.49	\$	0.01				
Peppers	Jalapeno	1	tsp	1	Ibs									
7.		0,5	each	12	each	24.00	\$	0.99	5	0.04				
Tomatoes	Fire Roasted, Can	15	20	15	OZ	1.00	5	1.99	\$	1.99				
Cumin	Dried, Ground	0,5	tsp	60	g									
		2	9	60	g	30.00	\$	0.99	5	0.03				
Oregano	Dried Ground,	0.5	tsp	21	9				-					
		2	9	21	g	10.50	\$	0.69	5	0.07				
Pepper	Ground, Black	0.5	tsp	17	9									
100		2	g	17	g	8.50	\$	0.79	\$	0.09				
Cilantro	Fresh	0.5	cups	3	each									
		0.5	each	3	each	6.00	\$	1.00	\$	0.17				
Spinach	Fresh	0.5	- lb	1	each								-	
		1	each	1	each	1.00	\$	0.89	\$	0.89				
Scallion	Fresh	0.5	cups	3	Ibs									
		2.5	OZ.	48	07	19.20	\$	1.79	\$	0.09				
Juice	Lime	2	fl.oz	2	each		VI.							
		2	each	2	each	1.00	5	0.79	\$	0.79				
Cheese	Monterrey, Low Fat	1	cups	- 4	lbs		-		-					
		4	02	16	OZ	4,00	5	1.29	\$	0.32				







Food Cost Analysis

USDA Food Cost Plan U.S. Average, August 2009

	Wee	kly Cost	Monthly Cost				
Individual Female:	Low-cost Plan	Moderate-cost Plan	Low-cost Plan	Moderate-cost Plan			
19-50 years	\$ 42.80	\$ 52.80	\$ 185.60	\$ 228.90			
Add 20% (1Person)	\$ 8.56	\$ 10.56	\$ 37.12	\$ 45.90			
Total:	\$ 51.36	\$ 63.36	\$ 222.72	\$ 274.68			



В	reakdown of Maria Perez's Food C	ost
Day 1 Total Meal Cost		\$ 5.07
Day 2 Total Meal Cost		\$ 8.08
Total for 2 Days	Day 1 + Day 2	\$ 13.49
Average Cost	2 Day Total / 2 Days	\$ 6.74
Weekly Average	Average Cost x 7	\$ 47.20
Monthly Average	Weekly Average x 4	\$ 188.81



Food Cost Analysis

The analysis of Maria Perez's food cost was done by comparing her food cost with the costs of the USDA Food Plans from August 2009. The USDA Food Plans represent four different cost levels for food prepared at home. We used the Low-cost and Moderate cost plan as guidance for creating a budget for our client. On this budget she will be able to successfully continue her journey to weight loss and good health.

Maria is a married women between the ages of 19 to 50 years. According to the two plans her spending range for food is between \$51.36 and \$63.36 per week. This range includes an increase of 20% which was added due to the increase in food cost for one person. The two day average was converted into a weekly average of \$47.20. This was below the *Low-cost plan*, which gives our client a good example of how to be frugal but yet make healthy food choices.

There are many things Maria can do to keep her food costs low and yet buy nutritious foods. Maria's local ethnic supermarket provides her with less expensive produce than some of the high-end markets and since it is in walking distance she even can save money by walking and not spending it on gas. She also can save by buying dried beans instead of canned beans. A serving of canned pinto beans costs \$0.33 compared to a serving of dried pinto beans which costs \$0.10 per serving. Maria can stock up on some sales item such as meats or buy bulk items such as rice and beans which she can freeze or store later use. For the tortilla soup, instead of using boneless skinless chicken breast at a cost of \$2.89 per pound, she could have used a chicken breast with the bone in and would have saved \$1.00 per pound.

Taking advantage of weekly sales and buying produce in season are other opportunities for Maria to save money. Farmers' markets can also be a great benefit for Maria. Maria also should consider buying generic brands instead of the brand names. For example, the price of a

Ralph's yogurt is \$0.50, while the cost of Yoplait yoghurt is almost three times the cost, at \$1.45. Finally, drug stores, discount stores, and stores like the 99 Cent Store sometimes have great values on milk, eggs or other items. By paying attention to all the bargains around her our client will have no trouble in staying within her budget.



Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, August 2009⁵

		Week	iy cost2			Nionth	ify cost,	
Age-gender groups	Thrifty plan	Low-cost plan	Moderate- cost plan	Liberal plun	Thrifty plan	Low-cost plan	Moderate- cost plan	Liberal plan
Individuals ¹						•		
Chitd:							J	
1 year	1980	26 00	29.90	36.00	86.00	112.70	129.50	156.10
2-3 years	21.40	26.90	32.60	39.50	92.90	116.50	141.10	171.30
4-5 years	22.20	28.10	34.60	42.20	96.20	121 70	150.00	183.00
6-B years	28.30	38.30	47,20	55.50	122.40	165.80	204.50	240.60
9-11 years	32.30	42 60	54.60	63.80	139.90	184.60	236.40	276.50
Male:								
12-13 years	34.60	48.70	60.40	71.20	149.90	210.90	261.60	308.50
14-18 years	36.00	50.30	63.00	71.80	156.10	218.10	272.80	311.30
19-50 years	38.50	49.40	62.00	76.00	166,70	214.10	268.80	329.30
S1-70 years	35.20	46.90	57.50	69.40	152.30	203.00	249.20	300.90
71+ year	35.40	46 40	57 40	70.60	153.30	201.00	248.80	306.00
Female:								
12-13 years	34 90	42.30	50.60	61.70	151.00	183.40	219.20	267.50
14-18 years	34.30	42.40	21.40	63.00	148 60	183.70	222.80	273.00
19-50 years	34.10	42.80	52.80	67.80	148.00	185.60	228 90	293 70
51-70 years	33 80	41.90	52.10	61.90	146.60	181 50	225 70	268 30
71+ years	32.90	41.40	51 40	08.16	142.60	179,30	222.60	267 80
Families Family of 2:		-				_		
19-50 years	79.90	101.50	126.40	158.20	346.10	439.70	547.50	685.30
51-70 years	75.90	97.60	120.50	144.50	328.80	423.00	522.30	626.10
Family of 4: Couple, 19-50 years and children—								
2-3 and 4-5 years	116.30	147,20	182.10	225.50	503.90	637.90	788.80	977.30
6-8 and 9-11 years	133.20	173.10	216.60	263.10	577.00	750.10	938.60	1140.20

¹The Food Plans represent a nutritious diet at four different cost levels. The nutritional bases of the Food Plans are the 1997-2005 Dietary Reference Intakes, 2005 Dietary Guidelines for Americans, and 2005 My Pyramid food intake recommendations. In addition to cost, differences among plans are in specific foods and quantities of foods. Another basis of the Food Plans is that all meals and snacks are prepared at home. For specific foods and quantities of foods in the Food Plans, see <u>Thrithe Food Plans</u>, 2006 (2007) and <u>The Love-Cost</u>. <u>Moderate-Cost</u>, <u>and Liberal Food Plans</u>, 2005 (2007). All four Food Plans are based on 2001-02 data and updated to current dollars by using the Consumer Price Index for specific food items.

²All costs are rounded to nearest 10 cents.

The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments are suggested: 1-person—add 20 percent; 2-person—add 10 percent; 3-person—add 5 percent; 4-person—no adjustment; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent. To calculate overall household food costs (1) adjust food costs for each person in household and then (2) sum these adjusted food costs.

^{&#}x27;Ten percent added for fantily size adjustment.