

Three Day Regular Menu

NUTR 240: Nutritional Assessment

By Kayla Slater

Client: Joe Donald

Meal Pattern: Day 1

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	10	150	10	10
Fruit	4	60	----	----
Vegetables	3	15	6	----
Milk				
Skim or 1%	4	48	32	0
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean	4	----	28	12
Med-fat				
High-fat				
Fat group	8	----	----	40
TOTAL (g)	xxx	273g	76g	62g
Calories	xxx	1092 cal.	304 cal.	558 cal.
And		55%	15%	28%
% Calories				

Meal Pattern for Breakfast

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	2	30	2	2
Fruit	2	30	----	----
Vegetables				
Milk				
Skim or 1%	2	24	16	0
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean				
Med-fat				
High-fat				
Fat group				
TOTAL (g)	xxx	84g	26g	2g

Meal Pattern for Lunch

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	2	30	10	4
Fruit	1	15	----	----
Vegetables	1	5	2	----
Milk				
Skim or 1%				
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean	2	----	14	6
Med-fat				
High-fat				
Fat group	4	----	----	20
TOTAL (g)	xxx	50g	26g	30g

Meal Pattern for Dinner

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	4	60	4	3
Fruit	1	15	----	----
Vegetables	2	10	4	----
Milk				
Skim or 1%				
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean	2	----	14	6
Med-fat				
High-fat				
Fat group	4	----	----	20
TOTAL (g)	xxx	85g	22g	29g

Meal Pattern for Morning Snack

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches				
Fruit				
Vegetables				
Milk				
Skim or 1%				
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean				
Med-fat				
High-fat				
Fat group				
TOTAL (g)	xxx			

Meal Pattern for Afternoon Snack

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	2	30	2	2
Fruit				
Vegetables				
Milk				
Skim or 1%				
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean				
Med-fat				
High-fat				
Fat group				
TOTAL (g)	xxx	30g	2g	2g

Meal Pattern for Evening Snack

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches				
Fruit				
Vegetables				
Milk				
Skim or 1%	2	24	16	0
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean				
Med-fat				
High-fat				
Fat group				
TOTAL (g)	xxx	24g	16g	0g

Meal Pattern: Day 2

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	12	180	12	12
Fruit	3	45	----	----
Vegetables	3	15	6	----
Milk				
Skim or 1%	1	12	8	----
2%	2	24	16	10
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean	3	----	21	9
Med-fat	1	----	7	4
High-fat	1	----	7	8
Fat group	5	----	----	25
TOTAL (g)	xxx	276g	77g	68g
Calories	xxx	1104 cal.	308 cal.	612 cal.
And		55%	15%	30%
% Calories				

Meal Pattern for Breakfast

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	4	60	5	4
Fruit	1	15	----	----
Vegetables				
Milk				
Skim or 1%	1	12	8	----
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean				
Med-fat	1	----	7	4
High-fat	1	----	†	8
Fat group	2	----	----	10
TOTAL (g)	xxx	87g	27g	26g

Meal Pattern for Lunch

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	3	45	4	4
Fruit	2	30	----	----
Vegetables	1	5	2	----
Milk				
Skim or 1%				
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean	2	---	12	5
Med-fat				
High-fat				
Fat group	1	----	----	5
TOTAL (g)	xxx	80g	18g	14g

Meal Pattern for Dinner

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	5	75	3	4
Fruit				
Vegetables	2	10	4	----
Milk				
Skim or 1%				
2%	1	12	8	5
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean	1	---	9	4
Med-fat				
High-fat				
Fat group	2	----	----	10
TOTAL (g)	xxx	97g	24g	23g

Meal Pattern for Morning Snack

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches				
Fruit				
Vegetables				
Milk				
Skim or 1%				
2%	1	12	8	5
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean				
Med-fat				
High-fat				
Fat group				
TOTAL (g)	xxx	12g	8g	10g

Meal Pattern for Afternoon Snack

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches				
Fruit				
Vegetables				
Milk				
Skim or 1%				
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean				
Med-fat				
High-fat				
Fat group				
TOTAL (g)	xxx			

Meal Pattern for Evening Snack

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches				
Fruit				
Vegetables				
Milk				
Skim or 1%				
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean				
Med-fat				
High-fat				
Fat group				
TOTAL (g)	xxx			

Meal Pattern: Day 3

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	11	165	11	11
Fruit	4	60	----	----
Vegetables	4	20	8	----
Milk				
Skim or 1%	3	36	24	3
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean	3	----	21	3
Med-fat				
High-fat	1		7	8
Fat group	6	----	----	30
TOTAL (g)	xxx	281g	71g	61g
Calories	xxx	1124 cal.	284 cal.	549 cal.
And		56%	14%	27.5%
% Calories				

Meal Pattern for Breakfast

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	3	45	2	2
Fruit	1	15	----	----
Vegetables				
Milk				
Skim or 1%	1	12	8	0
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean				
Med-fat				
High-fat				
Fat group	1	----	----	5
TOTAL (g)	xxx	72g	10g	7g

Meal Pattern for Lunch

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	4	60	4	3
Fruit	2	30	----	----
Vegetables	2	10	4	----
Milk				
Skim or 1%	1	12	8	1
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean	1	---	7	2
Med-fat				
High-fat	1		7	8
Fat group	1	----	----	5
TOTAL (g)	xxx	112g	30g	19g

Meal Pattern for Dinner

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	2	30	3	1
Fruit				
Vegetables	2	10	4	----
Milk				
Skim or 1%	1	12	8	2
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean	2	----	16	4
Med-fat				
High-fat				
Fat group	2	----	----	10
TOTAL (g)	xxx	52g	31g	17g

Meal Pattern for Morning Snack

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches				
Fruit	1	15	----	----
Vegetables				
Milk				
Skim or 1%				
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean				
Med-fat				
High-fat				
Fat group				
TOTAL (g)	xxx	15g	----	----

Meal Pattern for Afternoon Snack

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	1	15	1	3
Fruit				
Vegetables				
Milk				
Skim or 1%				
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean				
Med-fat				
High-fat				
Fat group				
TOTAL (g)	xxx	15g	1g	3g

Meal Pattern for Evening Snack

	# of exchanges	CHO (g)	PRO (g)	FAT (g)
Starches	1	15	1	2
Fruit				
Vegetables				
Milk				
Skim or 1%				
2%				
4%				
Other carbs				
Meat/substitutes				
Very lean				
Lean				
Med-fat				
High-fat				
Fat group	2	----	----	10
TOTAL (g)	xxx	15g	1g	12g

Weekly Menu for Oneonta City Hospital

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Eggs – scrambled, hard fried Cold cereal Oatmeal Toast/bagel/English Muffin Muffin/Bread Fruit Pancakes, French toast, or waffles Sausage or bacon	Eggs – scrambled, hard fried Cold cereal Oatmeal Toast/bagel / English muffin Muffin/Bread Fruit Pancakes, French toast, or waffles Sausage or bacon	Eggs – scrambled, hard fried Cold cereal Oatmeal Toast/bagel/English muffin Muffin/Bread Fruit Pancakes, French toast, or waffles Sausage or bacon	Eggs – scrambled, hard fried Cold cereal Oatmeal Toast/bagel/English muffin Muffin/Bread Fruit Pancakes, French toast, or waffles Sausage or bacon	Eggs – scrambled, hard fried Cold cereal Oatmeal Toast/bagel/English Muffin Muffin/Bread Fruit Pancakes, French toast, or waffles Sausage or bacon	Eggs – scrambled, hard fried Cold cereal Oatmeal Toast/bagel/English muffin Muffin/Bread Fruit Pancakes, French toast, or waffles Sausage or bacon	Eggs – scrambled, hard fried Cold cereal Oatmeal Toast/bagel/English muffin Muffin/Bread Fruit Pancakes, French toast, or waffles Sausage or bacon

Weekly Menu for Oneonta City Hospital

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

Beverages	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Water	Water	Water	Water	Water	Water	Water	Water
Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
Hot Cocoa	Hot Cocoa	Hot Cocoa	Hot Cocoa	Hot Cocoa	Hot Cocoa	Hot Cocoa	Hot Cocoa
Tea	Tea	Tea	Tea	Tea	Tea	Tea	Tea
Juice	Juice	Juice	Juice	Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Lunch	Tuna Salad, Egg salad, or chicken salad sandwich	Grilled Chicken Sandwich	Cold turkey or ham sandwich	Chili	Grilled Cheese	Hamburgers or hot dogs	Pepperoni Pizza
Daily Soup/salad	Cream of Mushroom Garden salad	Vegetable Soup Chicken Caesar	Cream of Broccoli Garden Salad	Chili Mediterranean Salad	Tomato Garden Salad	French Onion Chef Salad	Beef Stew Garden Salad
Sides	Applesauce Cottage cheese Broccoli	Fruit Salad Green Beans Baked Potato	Watermelon Pretzels Cooked Carrots	Fruit Salad Corn Bread and Butter	Peach slices Cottage cheese Brussel Sprouts	Fruit Salad Baked potato Cauliflower	Applesauce Peas

Weekly Menu for Oneonta City Hospital

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Beverages	Water Coffee Hot Cocoa Tea Juice Milk Soda	Water Coffee Hot Cocoa Tea Juice Milk Soda	Water Coffee Hot Cocoa Tea Juice Milk Soda	Water Coffee Hot Cocoa Tea Juice Milk Soda	Water Coffee Hot Cocoa Tea Juice Milk Soda	Water Coffee Hot Cocoa Tea Juice Milk Soda	Water Coffee Hot Cocoa Tea Juice Milk Soda	Water Coffee Hot Cocoa Tea Juice Milk Soda
Dinner	Spaghetti and meatballs	Broiled Tilapia	Chicken Parmesan	Baked Ziti	Pot Roast	Chicken and Biscuit	Macaroni and cheese	
Daily Soup/salad	Cream of Mushroom Garden Salad	Vegetable Soup Chicken Caesar	Cream of Broccoli Garden Salad	Chili Mediterranean Salad	Tomato Garden Salad	French Onion Chef Salad	Beef Stew Garden Salad	
Sides	Mandarin Oranges Cottage Cheese	Fruit Salad Green Beans Roll	Pineapple Cooked Carrots	Fruit Salad Corn	Pears Potatoes	Fruit Salad Cottage Cheese	Applesauce Peas	

Weekly Menu for Oneonta City Hospital

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

Beverages	Mixed vegetables Roll	Water	Rice	Bread and Butter	Carrots	Cauliflower and Broccoli Medley Water	Water
	Water	Coffee	Water	Water	Water	Water	Water
	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
	Hot Cocoa	Hot Cocoa	Hot Cocoa	Hot Cocoa	Hot Cocoa	Hot Cocoa	Hot Cocoa
	Tea	Tea	Tea	Tea	Tea	Tea	Tea
	Juice	Juice	Juice	Juice	Juice	Juice	Juice
	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Soda	Soda	Soda	Soda	Soda	Soda	Soda
Desserts	Brownies	Chocolate Cake	Strawberries	Apple Crisp	Oatmeal cookies	Strawberry Shortcake	Ice cream

Weekly Menu for Oneonta City Hospital

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

Juices: orange, apple, cranberry, prune

Condiments: mayonnaise, ketchup, mustard, syrup, parmesan cheese, tartar sauce, margarine/butter, salad dressings: Italian, ranch, French, and balsamic vinaigrette

Daily items: Sandwiches: Peanut butter and jelly, turkey and ham sandwiches, tuna salad, hamburgers, hot dogs

Salads: Garden salad

Desserts: Cookies (Day 3 – evening snack), ice cream, fruit

Sides /Snacks: yogurt (Day 1- evening snack and Day 2 – morning snack), jello, pudding, pretzels (Day 1 – afternoon snack), chips, cottage cheese, fruit, and crackers (Day 3- afternoon snack)

Spreadsheet: Joe Donald | All Days

Spreadsheet

Item Name	Quant...	Meas...	Cals (kcal)	Carb (g)	Prot (g)	Fat (g)	Vit A-IU (IU)	Vit C (mg)	Calc (mg)	Iron (mg)	Sod (mg)
Joe Donald											
Day 1 (9/6/2012)			1932.96	284.78	76.15	57.76	6243.17	244.24	982.26	19.22	2388.94
Day 2 (9/7/2012)			2066.51	298.35	94.92	58.48	3447.59	92.32	808.83	20.18	2988.78
Day 3 (9/8/2012)			1995.70	302.91	68.20	58.82	9686.65	115.59	1068.38	11.39	3585.57
Average			1998.39	295.35	79.76	58.35	6459.14	150.72	953.16	16.93	2987.76
% Recommendation			91.47	98.32	130.83	85.85	167.46	95.32	211.64	229.83	

Spreadsheet: Joe Donald | All Days

Spreadsheet

Item Name	Quant...	Meas...	Cals (kcal)	Carb (g)	Prot (g)	Fat (g)	Vit A-IU (IU)	Vit C (mg)	Calc (mg)	Iron (mg)	Sod (mg)
☐ Joe Donald											
☐ Day 1 (9/6/2012)			1932.96	284.78	76.15	57.76	6243.17	244.24	982.26	19.22	2388.94
-☐ Breakfast			325.16	71.23	11.73	1.04	781.35	68.11	298.52	8.67	302.32
-☐ Lunch			558.32	65.02	25.73	22.73	178.13	85.97	145.97	4.05	826.56
-☐ Afternoon Snack			161.59	33.92	4.40	1.12	0	0	7.65	2.21	577.05
-☐ Dinner			748.82	96.55	22.67	30.90	5265.32	90.15	155.87	4.24	537.89
☐ Evening Snack			139.06	18.07	11.62	1.97	18.38	0	374.25	0.04	145.12
☐ Day 2 (9/7/2012)			2066.51	298.35	94.92	58.48	3447.59	92.32	808.83	20.18	2988.78
-☐ Breakfast			636.70	76.07	28.10	25.74	385.19	53.22	416.32	1.09	944.92
-☐ Morning Snack			112.40	6.74	14.24	3.37	74.93	0	112.40	0	56.20
-☐ Lunch			690.00	132.15	26.95	8.60	1766.49	30.02	131.37	14.90	569.81
☐ Dinner			627.41	83.39	25.63	20.77	1220.98	9.09	148.75	4.19	1417.85
☐ Day 3 (9/8/2012)			1995.70	302.91	68.20	58.82	9686.65	115.59	1068.38	11.39	3585.57
-☐ Breakfast			311.27	52.78	8.67	7.50	348.44	53.22	127.95	2.07	204.94
-☐ Morning Snack			55.12	14.64	0.28	0.18	--	4.88	6.36	0.13	1.06

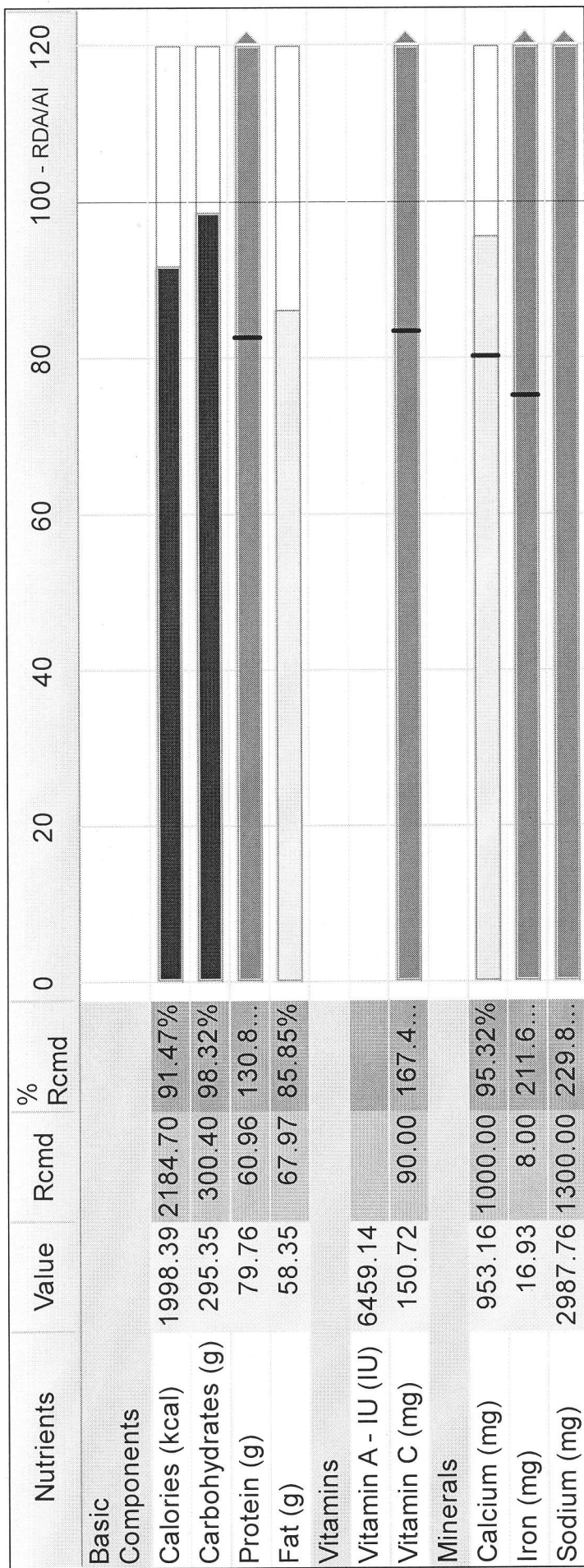
Spreadsheet: Joe Donald | All Days

Spreadsheet cont.

Item Name	Quant...	Meas...	Cals (kcal)	Carb (g)	Prot (g)	Fat (g)	Vit A-IU (IU)	Vit C (mg)	Calc (mg)	Iron (mg)	Sod (mg)
Lunch			760.31	120.73	32.46	18.65	434.48	30.90	566.08	6.61	2164.83
Afternoon Snack			72.00	12.00	1.20	1.80	0	0	0	0	180.00
Dinner			537.00	68.76	23.59	18.69	8703.73	26.60	367.99	1.85	854.73
Evening Snack			260.00	34.00	2.00	12.00	200.00	0	0	0.72	180.00
Average			1998.39	295.35	79.76	58.35	6459.14	150.72	953.16	16.93	2987.76
% Recommendation			91.47	98.32	130.83	85.85		167.46	95.32	211.64	229.83

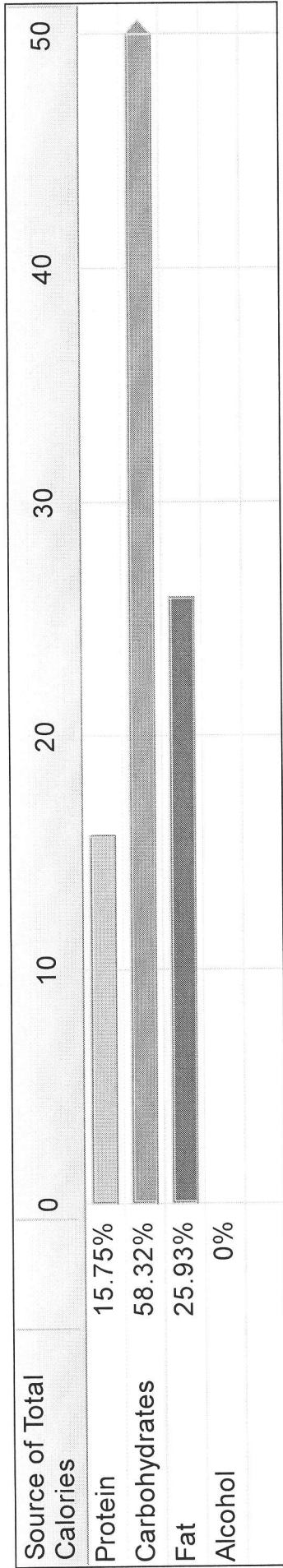
Bar Graph - Diet Adequacy Report: Joe Donald | All Days

Bar Graph

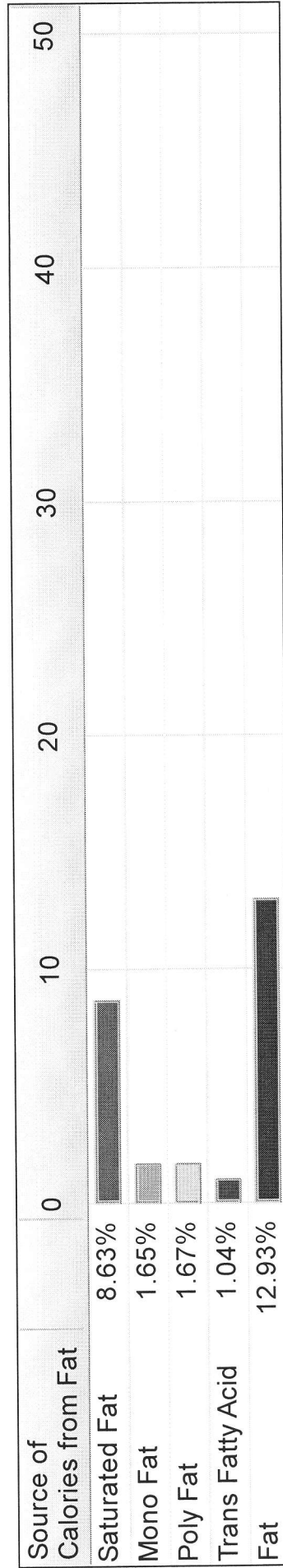


Calories and Fats: Joe Donald | All Days

Source of Total Calories

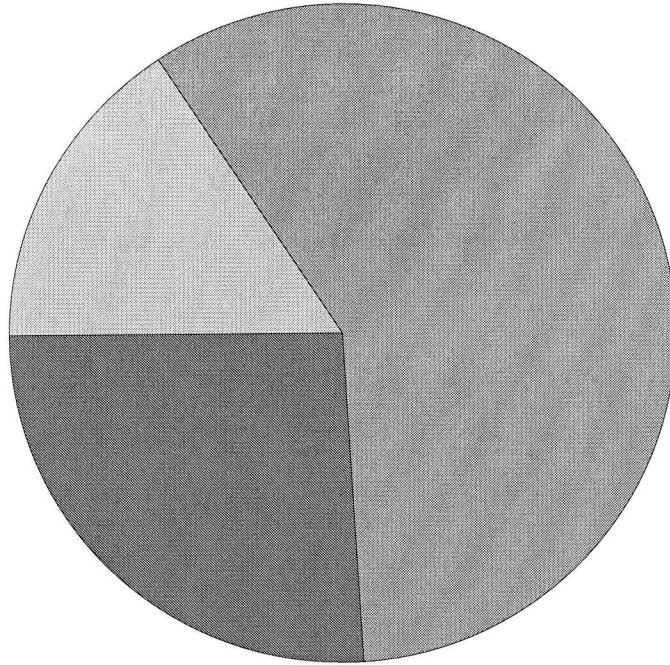
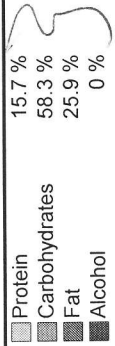


Source of Calories from Fat



Person: Joe Donald

Source of Total Calories



Source of Calories from Fat

