

## Create a Meal

Suggestions for designing meals and finding nutritional information:

- Google to find a recipe for something you think will be good. Most recipes will have nutritional facts per serving listed at the bottom.
- Use the Meal Builder app through Whitson's - [www.fdmealplanner.com/#menu/mealPlanner/75/412/2](http://www.fdmealplanner.com/#menu/mealPlanner/75/412/2)
- Nutritionix.com – will give you nutrition info for all types of individual foods

### Each Meal Must Contain:

- 3 oz Protein
- 1 oz Starch
- ½ cup vegetables
- ½ cup fruit
- 8 oz Milk

Name of Meal \_\_\_\_\_

Ingredients/Food Items*	Calories	Fat (g)	Protein (g)	Sodium (mg)	Allergens
<b>TOTALS</b>					

### Guidelines to Meet

- 700-900 calories
- Fat less than 15% of total calories
- NO TRANS FATS
- Sodium 700 mg or less

Source of Calories	Grams	# of Calories	% of Total Calories
Fat		x 9 cal/g =	/ = %

\*If you are using a recipe that you have found, when filling out the table write "1 serving of" whatever the name of the recipe and enter nutritional values for an individual serving in the table. Attach a copy of the recipe to this sheet.