





Note: This diet is unrealistic but it gets the job done!

Example 2: Diet for a 14 year old boy.

Food	Amount	Energy	Pro	Fat	Cal	A	B <sub>1</sub>	C
Sugar	2	46	0	0	0	0	0	0
Oatmeal	2	145	6	2.4	20	38	0.26	0
Milk	2	150	8	8.2	291	307	0.10	2.3
Bread	4	56	2.4	0.7	23	0	0.06	0
Butter	2	101	0.1	11.5	3	433	0	0
Jam	2	54	0.1	0	4	0	0	0
Apple	1	81	0.3	0.5	10	74	0.02	7.8
Cheese	1	114	7.1	9.4	204	300	0.01	0
Rice	2	264	6	1	23	0	0.33	0
Chicken	1/2	140	22	4.7	13	7.8	0.08	3.4
Olive oil	2	119	0	13.5	0	0	0	0
Potato	1	220	4	0.2	14	0	0.15	31
Tomato	1/2	24	1.1	0.3	8	1400	0.07	21.6
Banana	2	105	1.2	0.6	7	92	0.05	10.3
Lettuce	1/2	8	0.9	0.1	20	1500	0.06	13.4
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Total		2700	76	90	1040	3600	2.0	83
Recommended		2800	52	90	1200	5000	1.4	30

Note: The diet should be balanced. That is, the proper amounts of Calories and nutrients should be consumed every day. This is difficult to do.

It is especially difficult to get the right amount of protein, given the foods shown in W.S.-120.

If too much protein is consumed, it is burned for energy. If too many Calories are consumed, the excess is turned into body fat.

If too much of any of the vitamins are consumed, they are excreted, or stored in the body for future use.

If there is not enough of any of the nutrients consumed one day, then they should be consumed the next day.