Diet for a Day: W.S.-130

Use the information in W.S.-120 to make a diet for one day. Write down each food and the amount consumed. Half portions or double portions are permitted. List the Calories and nutrients in each food and add them all up. Compare with the daily recommended amounts of Calories and nutrients shown in the table below.

Sex	Energy	Pro	Fat	Ca	Α	B ₁	С
М	2800	52	90	1200	5000	1.4	30.
F	2200	43	80	800	4000	1.1	30.

The units are; Calories for energy, grams (g) for protein and fat, and milligrams (mg) for calcium, and vitamins B_1 , and C. The units for vitamin A are International Units (I.U.'s).

Food	Amount	Energy	Pro	Fat	Cal	Α	B ₁	С
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Recommen	ıded	1	ı	ı	ı	ı	ı .	
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Answers: E	xample 1:	Diet for a 1	4 year	old bo	by.			
Food	Amount	Energy	Pro	Fat	Cal	А	B₄	С
1 000	, timount	Liloigy	110	ı at	Odi	, ,	D 1	O
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rice	l 6	264	I 6	l 1	1 23	1 0	IU 33 I	0 1
1100	1 0	1 204	1 0	' '	20	1 0	10.00	0
milk	4	150	8	8.2	291	307	0.10	2.3
tomato	2	24	1 1 1	1 0 3	ι Ω	11.400)	' 21 6I
tomato	2	24	1.1	0.0	, , ,	11400	J ₁ 0.07	21.0
olive oil	4	119	0	13.5	0	0	0	0
	I	ı	ı	ı	ı	ı	ı .	
 Total	l	 		l	l		l	
		2700	70	93	1300	4000	2.5	52
Recommen	ided ,	0000	5 0		14000	E000!		00 '
		2800	52	90	[1200]	5000	1.4	30

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 ₁ C
Sugar		2	l	46	I	0 0 0 0 0 0
Oatmeal		2	I	145	I	6 2.4 20 38 0.26 0
Milk		2	I	150	I	8 8.2 291 307 0.10 2.3
Bread		4	I	56	1	2.4 0.7 23 0 0.06 0
Butter		2	I	101	I	0.1 11.5 3 433 0 0
Jam		2	I	54	I	0.1 0 4 0 0 0
Apple		1	I	81	1	0.3 0.5 10 74 0.02 7.8
Cheese	1	1	I	114		7.1 9.4 204 300 0.01 0
Rice		2	1	264	I	6 1 23 0 0.33 0
Chicken	1	1/2		140	1	22 4.7 13 7.8 0.08 3.4
Olive oil		2	l	119		0 13.5 0 0 0 0
Potato		1	I	220	I	4 0.2 14 0 0.15 31
Tomato		1/2	I	24		1.1 0.3 8 1400 0.07 21.6
Banana		2	I	105	1	1.2 0.6 7 92 0.05 10.3
Lettuce		1/2		8	-	0.9 0.1 20 1500 0.06 13.4
	_ _		_		_	
Total	ı	I	2	2700	1 .	76 90 1040 3600 2.0 83
Recomme	enc	ded		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.