


Procedure

Using the *Final Project and Exam Form* and the latest information from the USDA indicating their average cost of food at home on a thrifty plan, the students prepare a one-week menu plan including breakfast, lunch, dinner, and a snack. The menu must meet the *Dietary Guidelines Food Pyramid* and overall nutrient density. A market order must also be prepared that stays within the allotted spending plan.

Transparency
Master 12-1

Dietary Guidelines

Chapter 12



1. **Eat a variety of foods** including fruit, vegetables, whole grain products, dairy products, lean meat, poultry, fish, and beans.
2. **Maintain your ideal weight** by exercising regularly and by limiting fats and sugars.
3. **Avoid too much fat and cholesterol** by eating lean meat, poultry, fish, and legumes; limiting eggs, butter, margarine, and whole milk dairy products; and avoiding fried foods.
4. **Choose foods high in starch and fiber** by eating whole grain bread, cereals, and pasta and by substituting fruits, vegetables, nuts, or plain popcorn for sugary or high fat snacks.
5. **Avoid too much sugar** by eating fewer sweets, including those that contain brown sugar, raw sugar, honey, or maple syrup.
6. **Avoid too much salt** by using less salt in cooking and at the table, limiting salty foods such as pretzels and potato chips, and reading product labels for hidden sources of salt and sodium.
7. *Alcohol moderation*

