

**Lesson 3 Case Study**  
**Courtney's Dietary Intake**

Time	Food	Amount
7:00 AM	Cereal, wheat, Total (USDA: General Mills)	1.5 cups
	Milk, 2%, with vitamins A & D (USDA)	0.5 cups
	Sugar, white, granulated (USDA)	3 teaspoons
12:30 PM	Burrito, bean (USDA: Taco Bell)	1 each
	Soda, Sprite (USDA: Coca Cola)	32 fluid ounces
3:45 PM	Potato chips, classic (Lays)	14 each
7:00 PM	Soup, ramen noodle, dry (USDA)	1 package
9:30 PM	Brownie, prepared from recipe, 2" square (USDA)	1 each