**Joshua’s Profile and 1-Day Diet Record**

**Born: January 1, 1997**

**Height: 5’11”**

**Weight: 155 pounds**

**Physical Activity: Active**

|  |  |  |
| --- | --- | --- |
| **Time** | **Food Description** | **Amount** |
| Breakfast | Toaster pastry, blueberry, frosted (USDA: Pop Tarts) | 2 |
|  | Milk, 2%, chocolate, with vitamins A & D (USDA) | 2 cups |
|  |  |  |
| Lunch | Lunchmeat, turkey breast, smoked (Foster Farms) | 2 ounce – weight |
|  | Bread, multigrain (Orowheat) | 2 slices |
|  | Mayonnaise, real (Best Foods) | 2 tsp |
|  | Mustard, yellow, prepared (USDA) | 1 tsp |
|  | Cheese, swiss (USDA) | 1 oz |
|  | Sports drink, fruit punch G02 perform (USDA: Gatorade) | 20 fl oz |
|  |  |  |
| Snack | Yogurt, strawberries & bananas, light, (Yoplait) | 6 oz |
|  | Granola, oats & honey (Cascadian Farm Organic) | ½ cup |
|  |  |  |
| Dinner | Chicken breast, roasted, skinless (USDA) | 3 ounce - weight |
|  | French fries, cooked in vegetable oil (USDA: fast food) | 1 medium |
|  | Ketchup (USDA) | 4 individual packets |
|  | Coleslaw (USDA: Fast Food) | 1 cup |
|  | Lemonade, pink, Snapple (Snapple) | 16 fl oz |