**Week 10 Case Study**

**Lynn’s Food Record**

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| Food | Description | Folate (DFE) micrograms (mcg) |
| Oatmeal, plain, prepared with water, fortified (USDA) | 1 Individual Packet | 77.88 |
| Milk, 1%, with vitamin A & D (USDA) | ½ cup | 6.10 |
| Orange, Fresh (USDA) | 1 Medium  (2 – 5/8” across) | 39.30 |
| Hamburger, single, classic (USDA: Wendy’s) | 1 Hamburger | 0 |
| French Fries (USDA: Wendy’s) | 1 Medium | 0 |
| Milk, 1%, with vitamin A & D (USDA) | 1.5 Cup | 18.30 |
| Brownie, Prepared from recipe (USDA) | 1 - 2” square | 6.96 |
| Chicken Breast, Roasted, Skinless (USDA) | 4 oz | 4.54 |
| Mashed Potatoes, Prepared from recipe with whole milk (USDA) | ½ cup | 16.80 |
| Corn, Sweet, yellow, canned, kernels, drained (USDA) | ½ cup | 29.52 |
| Orange, Soda | 12 fl oz | 0 |