

Steven Hornung
DHN 101
Case Study 1
2.4.14

1. I am a 22-year old male with less than 30 min/day of moderate activity level.

Category	Amount per day
Calories	2600 kcal
Grains	9 ounces
Vegetables	3 ½ cups
Fruits	2 cups
Dairy	3 cups
Protein foods	6 ½ ounces
Oils	8 teaspoons

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Food	Amount	Where fits in guidelines	Calories
Banana	1 large	1 cup fruit	121
2 % milk	1 ½ cup	1 ½ cups dairy	183
Cheerios	2 cup	2 ounce grains	220
Hamburger patty	1 medium patty	2 ½ ounce protein	218
Cooked onion	1 cup	1 cup vegetables	92
100% Whole wheat bun	1 medium bun	1 ½ ounce grains	96
Cooked broccoli	1 cup	1 cup vegetables	55
Coke	1 12 ounce can		136
White rice	1 ½ cup	3 ounces grains	306
Baked chicken breast	1 large breast	3 ½ ounces protein	161
Mixed vegetables	2 cup	2 cup vegetables	303
Blackberries	1 ¼ cup	1 ¼ cups fruits	77
2 % milk	1 cup	1 cup dairy	122
White bread	2 slices	2 ounces grains	138
American cheese	2 slices	¾ cup dairy	141
Sprite	1 12 ounce can		148

3.

	Goal	Actual
Calories	2600	2518
Grains	9 ounces	8 ½ ounces
Vegetables	3 ½ cups	4 cups
Fruits	2 cups	2 ¼ cups
Dairy	3 cups	3 ¼ cups
Protein	6 ½ ounces	6 ounces

My one-day meal plan put me pretty close to my goals in terms of calories and food group consumption. I was within 100 calories of my goal but was a little shy of the 2600 that I needed. For each of the different food groups, I was within ½ ounce or ½ cup of my goal, although in some categories I went over the goal rather than under.