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.

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| **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 |

2.

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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.

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| --- | --- | --- |
|  | **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.