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Week 2 Assignment: Meal Planning for Carbohydrates

**Part A:**

Acceptable macronutrient distribution range (AMDR) is the suggested macronutrient intake out of total calories consumed. For carbohydrates, the AMDR is 45%- 65% of total calories for an adult (Callahan et al., 2022). There are generally two types of carbohydrates, simple and complex (Callahan et al., 2022). These can have both positive and negative health effects, depending on the amounts consumed. A simple carbohydrate, say glucose, is easily used by the body for energy purpose and can help to keep individuals energized. A complex carbohydrate, say fiber, can be used in the body to make stool more consistent. They both can be overconsumed leading to a surplus in the body and thus a potential negative effect. One negative effect of overconsumption is that the body will not process the carbohydrate which can lead to it causing fermentation and causing bloating or flatulence (Callahan et al., 2022). On the positive end, carbohydrates are needed for almost all functions in the body and depending on the type provide real functional use, such as fiber helping to thicken stool (Callahan et al., 2022).

**Part B:**

**Breakfast**

* 1 cup sugar-frosted flake cereal – 1 cup brown sugar oatmeal (decrease sugar 5g, increase fiber 3 g)
* 8 oz 1% milk
* 8 oz orange juice – 8 oz of water (decrease 24 g of sugar)
* 2 scrambled eggs

**Snack**

* 1/2 peanut butter and jelly sandwich (1 slice white bread, 1 tablespoon peanut butter, 1 tablespoon grape jelly)

**Lunch**

* 8 oz tomato soup
* 6 saltine crackers
* 1 turkey sandwich (3 oz turkey, 2 slices white bread)
* 1/2 cup canned pears in heavy syrup – (Whole pear, not canned decrease 16 g of sugar, increase 2 g of fiber)
* 8 oz grape juice

**Snack**

* 6 oz fruited yogurt, sweetened
* 1 oz almonds (2 oz of almonds, adds 3 g of fiber)

**Dinner**

* 5 oz barbecue chicken
* 1 medium baked potato with 1 tablespoon butter
* 1/2 cup cooked broccoli
* 8 oz cola – (8 oz water, decrease sugar 26 g)
* 4 oz 1% milk

**Snack**

* 1/2 cup chocolate ice cream

**References**

Callahan, A., Leonard, H., &amp; Powell, T. (2022a, August 7). Carbohydrate food sources and guidelines for Intake. Nutrition Science and Everyday Application. https://openoregon.pressbooks.pub/nutritionscience2e/chapter/4b-carbohydrate-food-sources-guidelines/