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Week 3 Assignment: Meal Planning for Lipids

**Part A:** The acceptable macronutrient distribution range for intake of fats is 20-35% of total calories (Callahan et al., 2022). This is broken down more into recommending only 10% of total calories coming from saturated fats, and the recommendation of intaking as few trans fats as possible (Callahan et al., 2022). Before the readings this week, I had always pictured dietary fats mainly coming from dairy and meat products but had not thought about what other types of foods provide fats and what kind of fats those tend to be. I had previously never thought of nuts or seeds as containing fats. It was interesting to read how they can be sources of high unsaturated fatty acids that our bodies can use to lower LDL. I also did not understand the importance of fats in the human body as well as I do post-reading. It was a fascinating tidbit to learn that women who have very low intake of fats and low storage of fats will have difficulty or be unable to conceive (Callahan et al., 2022). When given thought to the idea, it makes perfect sense as the body will be relying on the stored fats to help fuel the creation of the embryo, but it was something that never occurred to me.

**Part B:**

**Breakfast**

8 oz whole milk

8 oz orange juice

2 fried eggs (fried in butter) – 2 fried eggs in avocado oil

2 slices sourdough toast with 1 tablespoon butter

**Snack**

1/2 peanut butter and jelly sandwich: 1 slice white bread, 1 tablespoon peanut butter, 1 tablespoon grape jelly

**Lunch**

8 oz cream of tomato soup

1 oz potato chips – 1 oz whole grain crackers

1 sandwich: 2 oz turkey, 1 oz salami, 2 slices white bread, 1 tablespoon mayonnaise – 1 sandwich: 1 can of albacore tuna, ½ tablespoon of mayonnaise.

8 oz grape juice

**Snack**

6 oz fruited yogurt, sweetened, whole milk

**Dinner**

5 oz dark meat chicken, fried – baked instead of fried.

1 medium baked potato with 1 tablespoon butter, 1 tablespoon sour cream, and 1 tablespoon bacon, chopped – 1 cup quinoa

1/2 cup cooked broccoli with 1 tablespoon butter

8 oz cola

4 oz whole milk

**Snack**

1/2 cup chocolate ice cream

**References**

Callahan, A., Leonard, H., &amp; Powell, T. (2022c, August 7). Lipid recommendations and heart health. Nutrition Science and Everyday Application. <https://openoregon.pressbooks.pub/nutritionscience2e/chapter/5f-lipid-recommendations-heart-health/>