

Nutrition Project Organizer

Use this document to help you organize your information as you analyze the nutritional needs of your client, provide suggestions, and create a seven-day menu for your client.

Regardless of the project option you choose, remember to include:

1. A description of your client's age, gender, weight, height, and typical daily physical activity.
 - o Age:23
 - o Gender: Female
 - o Weight:125
 - o Height: 5'4"
2. An analysis of your client's body composition, including calculated body mass index (BMI) and BMI goals.
 - o Your client's calculated BMI score 21.5
 - o Your client's BMI indicates that he or she is:
Underweight
Healthy Weight
Overweight
Obese
 - o Do you agree with your client's BMI interpretation? Why or why not?

Yes, she's at a healthy weight but I don't agree with her lifestyle, I don't think it's healthy, considering nutrition.
 - o Write a specific, measurable goal indicating if your client should maintain, decrease, or increase their BMI.

I would like her to maintain her BMI of 21.5 for as long as 1 year.
 - o Regardless of your client's goals, describe what they would need to do in terms of caloric input and output to:
Lose weight: Eat less out, and more at home.
Gain Weight: Eat more frequently throughout the day
3. Identify at least two specific nutrients identified by the Dietary Guidelines for Americans as a priority for your client's population and at least three food sources that supply each of these nutrients.

Carbohydrates- whole grain bread, Bananas, Spinach

Folic acid- lentils, whole wheat cereal, orange juice.

4. A copy of the MyPyramid plan suggested for your client.

MyPyramid Plan

5.

Eat these amounts from each food group daily. This plan is a **2200** calorie food pattern. It is based on average needs for someone like you. (A **23** year old **female**, **5** feet **4** inches tall, **125** pounds, physically active **30 to 60 minutes** a day.) Your calorie needs may be more or less than the average, so check your weight regularly. If you see unwanted weight gain or loss, [adjust the amount you are eating](#).

▶ Grains ¹	7 ounces	tips
▶ Vegetables ²	3 cups	tips
▶ Fruits	2 cups	tips
▶ Milk	3 cups	tips
▶ Meat & Beans	6 ounces	tips

Click the food groups above to learn more.

¹ Make Half Your Grains Whole

Aim for at least **3.5** ounces of **whole grains** a day.

² Vary Your Veggies

Aim for this much every week:

Dark Green Vegetables = 3 cups weekly
 Orange Vegetables = 2 cups weekly
 Dry Beans & Peas = 3 cups weekly
 Starchy Vegetables = 6 cups weekly
 Other Vegetables = 7 cups weekly

Oils & Discretionary Calories

Aim for **6** teaspoons of oils a day.

Limit your extras (extra fats & sugars) to 290 Calories.

Physical Activity

Physical activity is also important for health. Adults should get at least 30 minutes of moderate level activity most days. Longer or more vigorous activity can provide greater health benefits. [Click here](#) to find out if you should talk with a health care provider before starting or increasing physical activity. [Click here](#) for more information about physical activity and health.



View, Print & Learn More:

- ▶ [Click here to view and print a PDF version of **your results**.](#)
- ▶ [Click here to view and print a PDF of a helpful **Meal Tracking Worksheet**.](#)
- ▶ For a more detailed assessment of your diet quality and physical activity go to the **MyPyramid Tracker**.
- ▶ You can view/print the **MyPyramid Calorie Results** and the **Food Tracking Worksheets** for any or all of the 12 calorie levels.



You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the above PDF files.

6. A seven-day menu detailing all foods and beverages your client should consume to meet the MyPyramid suggestions recommendations and an analysis indicating that the menu provides the recommended servings of each of the food groups for each of the seven days.

Sunday

Breakfast-pancakes with blueberries and skim milk

Lunch-Salad with nuts and veggies with vinaigrette

Dinner- Homemade ziti

Dessert- Yogurt parfait

Monday:

Breakfast- whole wheat cereal with 1% milk, banana

Snack-cup of carrots

Lunch- sandwich on whole wheat consisting of ham, skim cheese, spinach, and light mayo.

Snack- cup of almonds

Dinner- low sodium soup, consisting of chicken, and various vegetables.

Tuesday

Breakfast-English muffin with grape jelly, orange, and a cup of 1% milk.

Snack- Trail mix, with various nuts and dried fruits.

Lunch- Steamed vegetable dish, spinach, broccoli, carrots etc.

Snack- small salad, with light vinaigrette.

Dinner- Small chicken breast with mashed potatoes and a vegetable medley.

Wednesday-

Breakfast- an egg white spinach omelet and orange juice

Snack- Granola bar

Lunch- diced fruit and homemade soup

Dinner-tacos with stir fried veggies chicken.

Thursday

Breakfast- cheerios with skim milk and a banana or another fruit

Snack- handful of grapes

Lunch- chicken and veggie wrap

Snack- low fat yogurt

Dinner- Spaghetti with marinara sauce with Brussels sprouts

Friday

Breakfast-whole wheat pancakes with blueberries

Lunch- leftovers

Dinner-homemade chicken noodle soup

Desert- Fruit parfait

Saturday

Breakfast-whole grain waffles and strawberries and skim milk

Snack- a handful of cashews

Lunch –a small fruit and cheese dish

Snack – dried fruits

Dinner- Stir fry consisting of meat, and loaded with vegetables.