



July 7, 2014

Designated Federal Officer, 2015 DGAC  
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OASH/HHS  
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Rockville, MD 20852

Dear Dr. Olson and Dietary Guidelines Advisory Committee:

The American Meat Institute (AMI) is the nation's oldest and largest meat packing and processing industry trade association. AMI members harvest and process more than 90 percent of the nation's beef, pork, lamb, veal, and a majority of the turkey produced in the United States. On behalf of its member companies, AMI appreciates the opportunity to provide comment to the Dietary Guidelines Advisory Committee (DGAC) throughout the entire 2015 process. In these comments, AMI will be providing its perspective on balanced dietary guidance and the role of processed meats in a healthy diet and in consumers' lives.

Consumer health is the driving force in the production of meat and poultry products, which not only includes offering nutrient dense protein food products, but also improving and maintaining the safety of the food the meat and poultry industry produces. AMI has and will continue to support the use of sound science as the foundation for public nutrition policy.

### **Dietary Guidance Should Be Practical, Affordable and Attainable**

The Dietary Guidelines for Americans (DGA) are intended to encourage Americans to focus on eating a healthful diet — one that focuses on foods and beverages that help achieve and maintain a healthy weight, promote health, and prevent disease.<sup>1</sup> After 35 years of dietary guidance, Americans have still not changed their eating habits. Many factors can explain the difference between the recommendations and consumer behavior such as cultural forces, societal norms, family influences, personal food preferences, changes in meal patterns, food availability, advertising, and a lack of an

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<sup>1</sup>U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

understanding of how to translate dietary guidance into realistic and permanent lifestyle behaviors, among others.<sup>2,3</sup> When developing the 2015 DGA, it is important to consider these factors and provide realistic guidance that will help Americans achieve a more healthful diet.

### **Current Data Must be Considered When Developing Recommendations**

Real time marketing data on food trends and production capabilities must be considered when developing recommendations. According to a 2012 Gallup poll, 95 percent of Americans include meat and poultry in their diet.<sup>4</sup> Further, processed meats are widely consumed, with 56 percent of Americans saying they have consumed cold cuts or lunch meats, 47 percent bacon, 41 percent hot dogs, and 40 percent sausage within the last month.<sup>5</sup> The National Health and Nutrition Examination Survey What We Eat in America 2009-2010<sup>6</sup> (WWEIA) analysis also shows that sandwiches are consumed on any given day by 54 percent of males and 44 percent of females, with many of these sandwiches including meat and poultry. These data demonstrate that meat and poultry products play a significant role in the diet of a majority of Americans.

The WWEIA data also shows that many people who consume sandwiches frequently exceed the recommended intake for nutrients of concern. Importantly, the meat and poultry industry produces a variety of options so that consumers can choose the products that best fits their nutritional needs. These choices include, among others, lean and lower sodium products. In a survey of AMI members, more than 70 percent of respondents were undertaking product reformulations to reduce sodium, while more than 50 percent already offer products that qualify as healthy under federal labeling standards. By providing choice and variety, the meat and poultry industry is helping Americans make choices that best fit their dietary preferences and lifestyle needs.

The DGAC needs to recognize the current consumption patterns and up-to-date marketplace data as recommendations are finalized.

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<sup>2</sup> Rowe S, Alexander N, Almeida N, Black R, Burns R, Bush L, Crawford P, Keim N, Kris-Etherton P, Weaver C. Food science challenge: Translating the Dietary Guidelines for Americans to bring about real behavior change. *J Food Sci.* 2011;76:R29–R37.

<sup>3</sup> International Food Information Council Foundation. 2012 Food & Health Survey. Accessed April 17, 2014. Available at [http://www.foodinsight.org/Resources/Detail.aspx?topic=2012\\_Food\\_Health\\_Survey\\_Consumer\\_Attitudes\\_toward\\_Food\\_Safety\\_Nutrition\\_and\\_Health](http://www.foodinsight.org/Resources/Detail.aspx?topic=2012_Food_Health_Survey_Consumer_Attitudes_toward_Food_Safety_Nutrition_and_Health).

<sup>4</sup> 2012 Gallup Poll <http://www.gallup.com/poll/156215/consider-themselves-vegetarians.aspx>.

<sup>5</sup> American Meat Institute. Back to Balance Survey results. Conducted using Toluna's On-line Omnibus. Interviews completed February 19–21, 2014, and March 18-20, 2014.

<sup>6</sup> Contribution of sandwiches to USDA food patterns components, What We Eat In America, NHANES 2009-2010. M.K. Hoy, R.S. Sebastian, C.W. Enns, J.D. Goldman and A.J. Moshfegh, USDA, Beltsville, MD. Presented April 29, 2014, Experimental Biology in San Diego, CA.

### **Consumers Prefer Choice in Dietary Guidance**

A recent review of consumer research found consumers react better to advice that helps them put dietary choices into context. A 2013 poll conducted by the University of Chicago-based NORC Center for Public Affairs Research<sup>7</sup> found 83 percent of those surveyed were in favor of the government providing nutritional guidelines and information about how to make healthy choices. Another poll found little support for policies that would constrain consumer choices.<sup>8</sup> Whether it was New York City's attempt to ban sodas larger than 16 ounces or Denmark's, now repealed, tax on foods containing more than 2.3 percent saturated fat, worldwide consumers do not respond positively to attempts to limit access to certain foods or sizes of portions.

Often prescriptive advice, *i.e.* "eat this do not eat that," leads to confusion in the face of conflicting advice. Of the individuals polled in a 2010 Annenberg National Health Communications Survey, 71 percent said they had heard contradictory information about nutrition in the media.<sup>9</sup> Additionally, as Ellyn Satter commented in *Childhood Obesity*, forced eating behaviors of foods that are not enjoyed can actually increase interest in the restricted food.<sup>10</sup> Creating specific expectations for healthy eating may reinforce the concept of good-food/bad-food and actually increase interest in "unhealthy" food. The DGAC should consider the potential unintended consequences to restricted access foods and utilize consumer behaviorists' expertise as it develops and finalizes recommendations to lead to successful adoption.

The International Food Information Council's 2013 Food & Health Survey found that Americans think they should consume a more balanced diet in general, including eating more fruits and vegetables and fewer sweets and snacks.<sup>11</sup> Although, consumers have failed to act on more than 35 years of guidance, they are aware of the need for a balanced diet. In fact, AMI's poll found that 90 percent of respondents prefer a balanced approach to healthful eating.<sup>12</sup> Dietary guidance should build upon the knowledge consumers are already familiar with and not provide idealistic recommendations that may be too difficult to be implemented or even outright rejected without any consideration for their value. For dietary guidance to have any meaningful impact, it should help consumers understand how to make choices that fit into an overall healthy eating plan within their lifestyle.

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<sup>7</sup> The Associated Press–NORC Center for Public Affairs Research. University of Chicago. Obesity in the United States: Public Perceptions, January, 2013.

<sup>8</sup> Gollust S, Barry C, Niederdeppe J. Americans' opinions about policies to reduce consumption of sugar-sweetened beverages. *Prev Med* 2014;11:52–57.

<sup>9</sup> Nagler R. Adverse outcomes associated with media exposure to contradictory nutrition messages. *J Health Comm* 2014;19:24–40.

<sup>10</sup> Satter E. Promoting "healthy" food in the context of internal regulation of eating: Comment on Slusser et al. *Childhood Obesity* 2013;9:557–558.

<sup>11</sup> International Food Information Council Foundation. 2013 Food & Health Survey. Accessed July 5, 2014. Available at <http://www.foodinsight.org/Content/3840/FINAL%202013%20Food%20and%20Health%20Exec%20Summary%206.5.13.pdf>

<sup>12</sup> AMI Back to Balance Survey results. 2014

## **Meat, Poultry and Processed Meats Fit In A Balanced Diet**

Providing guidance to how consumers can eat a more healthful diet within the context of their current food choices is necessary for adoption. To demonstrate how meat and poultry, including processed meats, can play a role in a healthy balanced diet, AMI commissioned a menu model analysis using the 2010 Dietary Guidelines for Americans requirements for macro- and micronutrients and food groups based on a 2,000-calorie daily diet (Attachment). AMI members identified the most commonly consumed processed meats, which were included in a seven-day menu model. The menu model incorporated commonly consumed foods and meals found in a typical American diet including food eaten away from home, traditional and better for you choices and all easy to find options.

The model demonstrated that processed meats can and do fit in a healthy eating pattern – the current federal nutritional recommendations from the 2010 DGA. Processed meats, even consumed twice daily for a week, allow consumers to stay within daily calorie goals, and daily goals for nutrients to limit while meeting or exceeding needs for nutrients to encourage. The model even demonstrates that processed meats fit into an overall healthful diet while still allowing for daily indulgences (*e.g.* wine, chocolate, eating/purchasing meals away from home, *etc.*). It is simply a matter of portion control and frequency within calorie needs. Providing information to help consumers understand how to make their dietary choices fit within recommended nutrient and calorie needs is fundamental for the DGA.

This menu model is but one example of a tool to better educate consumers how processed meats can fit into a healthful diet. The model shows proper portion size and smart choices, which still allows for consumers to continue enjoying the foods they love as they build an overall healthy dietary pattern that includes fruits, vegetables, whole grains and lean protein.

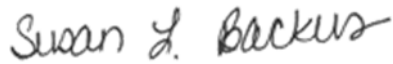
If nutritional guidance is to truly impact the healthfulness of Americans, it needs to address how to improve the food choices they already make, not create an idealistic version of an eating pattern that bears no resemblance to the average eating patterns of Americans.

### **Summary**

Although Americans may not have adopted dietary recommendations over the past 35 years, they understand and support a balanced diet approach. Dietary guidance should be practical, affordable, and attainable. Recognizing the eating patterns of the average American and providing information about how they can eat a more healthful diet within the context of their existing food choices is critical. Demonstrating that all foods, including meat, poultry and processed meats, can fit in a balanced diet will lead to consumers making more healthful choices. These types of actionable recommendations could lead to measurable public health improvements.

AMI appreciates the opportunity to provide these comments. If you have any questions about any aspect of these comments or would like to discuss them, please contact us at [sbackus@meatami.com](mailto:sbackus@meatami.com) or [bbooren@meatami.com](mailto:bbooren@meatami.com). Thank you.

Respectfully submitted,



Susan L. Backus  
Vice President, AMI Foundation



Betsy L. Booren, Ph.D.  
Vice President, Scientific Affairs

Attachment

cc: James Hodges  
Mark Dopp  
Dale Nellor  
Janet Riley

Attachment  
Day 1

MEAL	2000 Calorie Day	FOOD GROUPS
<b>Breakfast</b>	1 packet Instant Oatmeal (fortified) Made With: <ul style="list-style-type: none"> <li>1 cup Skim Milk</li> <li>2 Tbsp Raisins</li> <li>1 ½ Tbsp Brown sugar</li> <li>1 cup Orange Juice</li> </ul>	<ul style="list-style-type: none"> <li>1 oz</li> <li>0 cup</li> <li>1.26 cup</li> <li>1 cup</li> <li>0 oz</li> </ul>
<b>Lunch</b>	<b>1 Turkey Hot Dog</b> 1 Whole Wheat Hot Dog Bun ½ Teaspoon Yellow Mustard 1 cup Broccoli, fresh 16 Multigrain Chips 1 cup Fresh Strawberry Halves 12 fl oz Sweetened Tea (Prepared from Instant)	<ul style="list-style-type: none"> <li>2.6 oz</li> <li>1 cup</li> <li>1 cup</li> <li>0 cup</li> <li>1.6 oz</li> </ul>
<b>Dinner</b>	Salad Made With: <ul style="list-style-type: none"> <li>2 cups Fresh, Chopped Spinach</li> <li>¼ medium Red Onion</li> <li>½ medium Red Tomato</li> <li><b>2 oz Lunchmeat, turkey breast</b></li> <li>1 Tbsp Olive Oil</li> <li>1 Tbsp Balsamic Vinegar</li> <li>1.5 oz Part Skim Mozzarella, Shredded</li> <li>1, 2-oz Whole Wheat Dinner Roll</li> </ul>	<ul style="list-style-type: none"> <li>2 oz</li> <li>1.5 cup</li> <li>0 cup</li> <li>1 cup</li> <li>2 oz</li> </ul>
<b>Snack</b>	1 oz Dry Roasted, Unsalted Almonds 1 cup Nonfat, Fruit Yogurt with 2 Tbsp Granola	<ul style="list-style-type: none"> <li>0.5 oz</li> <li>0 cup</li> <li>0 cup</li> <li>1 cup</li> <li>2 oz</li> </ul>


























DAILY NUTRIENT INFORMATION TOTALS (Based on 2000 Calorie Day)		
Nutrient:	Amt. Per Day	% DV*
Total calories:	1,990.5	
Total fat (g):	64.9	99.8%
Saturated fat (g):	13.5	67.6%
Trans fat (g):	0.05	
Cholesterol (mg):	91.1	30.4%
Sodium (mg):	2,403.1	100.1%
Potassium (mg):	3,644.2	104.1%
Protein (g):	75.4	
Total Carbs (g):	291.8	97.3%
Dietary Fiber (g):	27.6	110.5%
Vitamin A (IU):	8,341.0	166.8%
Vitamin C (mg):	284.5	474.1%
Vitamin D (IU):	252.3	63.1%
Calcium (mg):	1,506.8	150.7%
Iron (mg):	17.2	95.6%
<b>Total Food Groups:</b>	<b>MyPlate Goals:</b>	
<ul style="list-style-type: none"> <li>6.1 oz</li> <li>2.6 cups</li> <li>2.3 cups</li> <li>3.0 cups</li> <li>5.6 oz</li> </ul>	<ul style="list-style-type: none"> <li>6 oz</li> <li>2.5 cups</li> <li>2 cups</li> <li>3 cups</li> <li>5.5 oz</li> </ul>	
*Percent Daily Value (DV) are based on a 2000 calorie diet.		











## Day 2

MEAL	2000 Calorie Day	FOOD GROUPS
<b>Breakfast</b>	<b>2 Turkey Sausage Breakfast Links</b> 1 medium Banana 3 Pancakes (from frozen) 2 Tbsp Syrup 1 ½ cup Skim Milk	● 2.7 oz ● 0 cup ● 0.8 cup ● 1.5 cup ● 2 oz
<b>Snack</b>	1 cup Nonfat, Fruit Yogurt ½ cup Blueberries	● 0 oz ● 0 cup ● 0.5 cup ● 1 cup ● 0 oz
<b>Lunch</b>	Tuna Pocket Sandwich made with: <ul style="list-style-type: none"> <li>• 2 oz Canned in Water and Drained Albacore Tuna (Half Salt)</li> <li>• ½ cup Cucumber Slices</li> <li>• ½ cup Cherry Tomatoes</li> <li>• 2 tsp Red Wine Vinegar</li> <li>• 2 tsp Olive Oil</li> <li>• 1 ounce Cheddar Cheese</li> <li>• 1 small (4") Whole Wheat Pita</li> </ul> 1 cup Sugar Snap Peas ¾ cup Grape Juice	● 1 oz ● 2.2 cup ● 0.8 cup ● 0.7 cup ● 1.4 oz
<b>Dinner</b>	<b>3 oz Lemon Garlic Pork Loin</b> ¾ cup White Rice (Enriched), Cooked ½ cup Asparagus 1, 1-oz Dinner Roll with 1 tsp Tub Margarine 4 fl oz Wine	● 2.5 oz ● 0.5 cup ● 0 cup ● 0 cup ● 3 oz

DAILY NUTRIENT INFORMATION TOTALS (Based on 2000 Calorie Day)		
Nutrient:	Amt. Per Day	% DV*
Total calories:	2,046.2	
Total fat (g):	49.9	76.8%
Saturated fat (g):	13.8	69.1%
Trans fat (g):	0.32	
Cholesterol (mg):	215.4	71.8%
Sodium (mg):	2,355.6	98.2%
Potassium (mg):	3,169.4	90.6%
Protein (g):	90.2	
Total Carbs (g):	284.6	94.9%
Dietary Fiber (g):	17.3	69.1%
Vitamin A (IU):	4,905.9	98.1%
Vitamin C (mg):	67.0	111.6%
Vitamin D (IU):	316.6	79.1%
Calcium (mg):	1,324.7	132.5%
Iron (mg):	17.5	97.3%
<b>Total Food Groups:</b>	<b>MyPlate Goals:</b>	
● 6.2 oz ● 2.7 cups ● 2.0 cups ● 3.2 cups ● 6.4 oz	● 6 oz ● 2.5 cups ● 2 cups ● 3 cups ● 5.5 oz	
*Percent Daily Value (DV) are based on a 2000 calorie diet.		

# Day 3

MEAL	2000 Calorie Day	FOOD GROUPS
<b>Breakfast</b>	1 Whole Wheat English Muffin 2 Tbsp Creamy Peanut Butter 1 cup Cantaloupe	 2 oz  0 cup  1.1 cup  0 cup  2 oz
<b>Snack</b>	2 Tbsp Slivered Almonds 1 Container (5.3 oz) Blueberry Nonfat Greek Yogurt	 0 oz  0 cup  0 cup  0.6 cup  1 oz
<b>Lunch</b>	Salad Made With: <ul style="list-style-type: none"> <li>• 2 ½ cups Baby Spinach</li> <li>• <b>2 Slices Bacon, Broiled</b></li> <li>• 1 large Hard Boiled Egg</li> <li>• ¼ cup Sliced Mushrooms</li> <li>• ¼ cup Red Onion, Sliced</li> <li>• ¾ cup Mandarin Oranges</li> <li>• 1/3 cup Croutons</li> <li>• 2 Tbsp Honey Mustard Salad Dressing</li> <li>• 1 cup Skim Milk</li> </ul>	 0.9 oz  1.7 cup  0.8 cup  1 cup  1.6 oz
<b>Dinner</b>	Spaghetti & Meatball Dinner: <ul style="list-style-type: none"> <li>• <b>2 Meatballs (Beef and Pork)</b></li> <li>• ½ cup Spaghetti Sauce</li> <li>• 1 cup Whole Wheat Spaghetti, Cooked</li> <li>• 2 Tbsp Grated Parmesan</li> </ul> ½ cup Green Snap Beans 4 fl oz Red Wine	 2.2 oz  1 cup  0 cup  0.4 cup  1.2 oz
<b>Snack</b>	4 Graham Cracker Squares Chocolate Milk Made With: <ul style="list-style-type: none"> <li>• 1 ½ Cup Skim Milk</li> <li>• 2 Tbsp Chocolate Syrup</li> </ul>	 1 oz  0 cup  0 cup  1.5 cup  0 oz

DAILY NUTRIENT INFORMATION TOTALS (Based on 2000 Calorie Day)		
Nutrient:	Amt. Per Day	% DV*
Total calories:	1,987.9	
Total fat (g):	65.2	100.3%
Saturated fat (g):	15.0	74.5%
Trans fat (g):	0.02	
Cholesterol (mg):	281.6	93.9%
Sodium (mg):	2,388.7	99.5%
Potassium (mg):	3,607.2	103.1%
Protein (g):	96.7	
Total Carbs (g):	244.7	81.6%
Dietary Fiber (g):	29.0	116.1%
Vitamin A (IU):	12,954.6	259.1%
Vitamin C (mg):	133.3	222.2%
Vitamin D (IU):	343.2	85.8%
Calcium (mg):	1,532.1	153.2%
Iron (mg):	13.4	74.5%
<b>Total Food Groups:</b>	<b>MyPlate Goals:</b>	
 6.0 oz  2.7 cups  1.9 cups  3.5 cups  5.7 oz	 6 oz  2.5 cups  2 cups  3 cups  5.5 oz	
*Percent Daily Value (DV) are based on a 2000 calorie diet.		

 Grains
  Vegetables
  Fruits
  Milk Products
  Proteins



## Day 4

MEAL	2000 Calorie Day	FOOD GROUPS
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>¾ cup Frosted Shredded Wheat Cereal</li> <li>1 medium Banana</li> <li>1 cup Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>● 1.4 oz</li> <li>● 0 cup</li> <li>● 0.8 cup</li> <li>● 1 cup</li> <li>● 0 oz</li> </ul>
<b>Lunch</b>	Sandwich Made With: <ul style="list-style-type: none"> <li>• 2 slices Wheat Bread</li> <li>• 1 ounce Swiss Cheese</li> <li>• <b>2 ounce Lower Sodium Ham Lunchmeat</b></li> <li>• 1 tsp Mayonnaise</li> <li>• 2 slices Tomato</li> <li>• ½ cup Sliced Cucumber</li> <li>• 2 Iceberg Lettuce Leaves</li> </ul> 8 Potato Chips, Baked 8 fl oz Sweetened Tea (Prepared from Instant)	<ul style="list-style-type: none"> <li>● 2.3 oz</li> <li>● 1.1 cup</li> <li>● 0 cup</li> <li>● 0.7 cup</li> <li>● 2 oz</li> </ul>
<b>Dinner</b>	<b>1 Slice Meat &amp; Vegetable Topped Pizza (From Frozen)</b> 1 cup Sugar Snap Peas 1 cup Bell Pepper Slices 2 tsp Ranch Dressing	<ul style="list-style-type: none"> <li>● 2.3 oz</li> <li>● 1.36 cup</li> <li>● 0 cup</li> <li>● 0.4 cup</li> <li>● 0.42 oz</li> </ul>
<b>Snack</b>	Smoothie Made With: <ul style="list-style-type: none"> <li>• 1 cup Nonfat Plain Greek Yogurt</li> <li>• ¾ cup Cherries (Thawed, From Frozen)</li> <li>• 1/3 cup Orange Juice</li> <li>• 1 ½ oz Dry Roasted, Unsalted Cashews</li> </ul>	<ul style="list-style-type: none"> <li>● 0 oz</li> <li>● 0 cup</li> <li>● 1.7 cup</li> <li>● 0.8 cup</li> <li>● 3 oz</li> </ul>

DAILY NUTRIENT INFORMATION TOTALS (Based on 2000 Calorie Day)		
Nutrient:	Amt. Per Day	% DV*
Total calories:	1,946.4	
Total fat (g):	63.8	98.2%
Saturated fat (g):	18.4	91.9%
Trans fat (g):	0.08	
Cholesterol (mg):	118.1	39.4%
Sodium (mg):	2,410.5	100.4%
Potassium (mg):	3,283.1	93.8%
Protein (g):	97.3	
Total Carbs (g):	258.1	86.0%
Dietary Fiber (g):	23.1	92.2%
Vitamin A (IU):	5,816.9	116.3%
Vitamin C (mg):	209.5	349.2%
Vitamin D (IU):	121.5	30.4%
Calcium (mg):	1,180.1	118.0%
Iron (mg):	12.1	67.0%
<b>Total Food Groups:</b>	<b>MyPlate Goals:</b>	
● 6.0 oz	● 6 oz	
● 2.4 cups	● 2.5 cups	
● 2.5 cups	● 2 cups	
● 3.0 cups	● 3 cups	
● 5.4 oz	● 5.5 oz	
*Percent Daily Value (DV) are based on a 2000 calorie diet.		

# Day 5

MEAL	2000 Calorie Day	FOOD GROUPS
<b>Breakfast</b>	1 cup Grapefruit Breakfast Sandwich Made With: <ul style="list-style-type: none"> <li>1 large Egg, Fried</li> <li><b>2 slices Canadian Bacon</b></li> <li>1 4" Plain Bagel (Enriched)</li> </ul>	<ul style="list-style-type: none"> <li>3.7 oz</li> <li>0 cup</li> <li>1 cup</li> <li>0 cup</li> <li>3 oz</li> </ul>
<b>Lunch</b>	1 medium Baked Potato with: <ul style="list-style-type: none"> <li>1 oz Part Skim Mozzarella, Shredded</li> <li>¼ cup 50% Less Salt, Canned Black Beans</li> </ul> 4 Low Sodium Whole Wheat Crackers Side Salad Made With: <ul style="list-style-type: none"> <li>1 cup Field Greens</li> <li>¼ cup Cherry Tomatoes</li> <li>1 tsp Olive Oil</li> <li>1 tsp Balsamic Vinegar</li> </ul> 1 ½ cup Skim Milk 1 cup Applesauce	<ul style="list-style-type: none"> <li>0.6 oz</li> <li>2.1 cup</li> <li>1 cup</li> <li>2.2 cup</li> <li>0.7 oz</li> </ul>
<b>Dinner</b>	Stir Fry Made With: <ul style="list-style-type: none"> <li><b>3 oz Skinless Boneless Chicken Breast (enhanced)</b></li> <li>¼ cup Broccoli</li> <li>¼ cup Carrots, Chopped</li> <li>¼ cup Onions, Chopped</li> <li>¼ cup Mushrooms, Sliced</li> <li>1 tsp Canola Oil</li> <li>1 tsp Low Sodium Soy Sauce</li> <li>1 cup White Rice (Enriched), Cooked</li> </ul>	<ul style="list-style-type: none"> <li>2 oz</li> <li>1 cup</li> <li>0 cup</li> <li>0 cup</li> <li>2.6 oz</li> </ul>
<b>Snack</b>	Chocolate Pudding Made With 1 Cup Skim Milk	<ul style="list-style-type: none"> <li>0 oz</li> <li>0 cup</li> <li>0 cup</li> <li>1 cup</li> <li>0 oz</li> </ul>

DAILY NUTRIENT INFORMATION TOTALS (Based on 2000 Calorie Day)		
Nutrient:	Amt. Per Day	% DV*
Total calories:	1,967.0	
Total fat (g):	38.2	58.8%
Saturated fat (g):	10.2	51.1%
Trans fat (g):	0.06	
Cholesterol (mg):	324.7	108.2%
Sodium (mg):	2,340.1	97.5%
Potassium (mg):	3,908.0	111.7%
Protein (g):	102.7	
Total Carbs (g):	313.7	104.6%
Dietary Fiber (g):	26.2	104.7%
Vitamin A (IU):	7,390.9	147.8%
Vitamin C (mg):	183.4	305.6%
Vitamin D (IU):	398.0	99.5%
Calcium (mg):	1,217.8	121.8%
Iron (mg):	15.8	87.8%
<b>Total Food Groups:</b>	<b>MyPlate Goals:</b>	
<ul style="list-style-type: none"> <li>7.0 oz</li> <li>3.1 cups</li> <li>2.0 cups</li> <li>3.2 cups</li> <li>7.0 oz</li> </ul>	<ul style="list-style-type: none"> <li>6 oz</li> <li>2.5 cups</li> <li>2 cups</li> <li>3 cups</li> <li>5.5 oz</li> </ul>	
*Percent Daily Value (DV) are based on a 2000 calorie diet.		

## Day 6

MEAL	2000 Calorie Day	FOOD GROUPS
<b>Breakfast</b>	1 ½ cup Plain, Nonfat Yogurt With: <ul style="list-style-type: none"> <li>• 1 cup Bran Flakes Cereal (Enriched)</li> <li>• 1 medium Banana, Sliced</li> </ul> 1 large Hard Boiled Egg	<ul style="list-style-type: none"> <li>● 1.4 oz</li> <li>● 0 cup</li> <li>● 0.8 cup</li> <li>● 1.5 cup</li> <li>● 1 oz</li> </ul>
<b>Lunch</b>	<b>6 piece Chicken Nuggets</b> 1 small serving French Fries 1 cup Skim Milk 1 serving Apple Slices with Low Fat Caramel Sauce	<ul style="list-style-type: none"> <li>● 1.2 oz</li> <li>● 0.7 cup</li> <li>● 0.3 cup</li> <li>● 1 cup</li> <li>● 1.5 oz</li> </ul>
<b>Dinner</b>	Fajitas Made With: <ul style="list-style-type: none"> <li>• ½ cup Onion, Chopped</li> <li>• ½ cup Bell Peppers, Sliced</li> <li>• ½ tsp Canola Oil</li> <li>• ½ cup Mushrooms</li> <li>• <b>3 oz Beef Fajita Meat</b></li> <li>• 1 oz Low Fat Cheddar Cheese, Shredded</li> <li>• ½ cup Tomatoes, Chopped</li> <li>• ½ cup Romaine Lettuce, Shredded</li> <li>• 1 Tbsp Salsa</li> <li>• 2 Unsalted Corn Tortillas (6")</li> </ul> 4 fl oz Wine	<ul style="list-style-type: none"> <li>● 2 oz</li> <li>● 2.1 cup</li> <li>● 0 cup</li> <li>● 0.4 cup</li> <li>● 3 oz</li> </ul>
<b>Snack</b>	1 medium Pear 1 Cereal Bar (Mixed Berry)	<ul style="list-style-type: none"> <li>● 1.3 oz</li> <li>● 0 cup</li> <li>● 1.1 cup</li> <li>● 0 cup</li> <li>● 0 oz</li> </ul>

DAILY NUTRIENT INFORMATION TOTALS (Based on 2000 Calorie Day)		
Nutrient:	Amt. Per Day	% DV*
Total calories:	2,043.2	
Total fat (g):	64.7	99.6%
Saturated fat (g):	16.8	83.9%
Trans fat (g):	0.18	
Cholesterol (mg):	249.4	83.1%
Sodium (mg):	2,391.4	99.6%
Potassium (mg):	3,829.5	109.4%
Protein (g):	92.1	
Total Carbs (g):	268.4	89.5%
Dietary Fiber (g):	25.7	102.6%
Vitamin A (IU):	5,540.7	110.8%
Vitamin C (mg):	364.6	607.7%
Vitamin D (IU):	162.5	40.6%
Calcium (mg):	1,486.0	148.6%
Iron (mg):	35.9	199.4%
<b>Total Food Groups:</b>	<b>MyPlate Goals:</b>	
● 5.8 oz	● 6 oz	
● 2.8 cups	● 2.5 cups	
● 2.2 cups	● 2 cups	
● 2.9 cups	● 3 cups	
● 5.5 oz	● 5.5 oz	
*Percent Daily Value (DV) are based on a 2000 calorie diet.		

# Day 7

MEAL	2000 Calorie Day	FOOD GROUPS
<b>Breakfast</b>	<b>1 Egg and Cheese Breakfast Sandwich (Egg McMuffin)</b> 1 Fruit N'Yogurt Parfait without Granola 1 cup Orange Juice	● 2.8 oz ● 0 cup ● 1.4 cup ● 1.3 cup ● 0.6 oz
<b>Lunch</b>	Sausage and Pepper Hoagie Made With: <ul style="list-style-type: none"> <li>● <b>1 Link Italian Pork Sausage (1/5 lb)</b></li> <li>● ½ cup Onions, Sliced</li> <li>● ½ cup Bell Peppers, Sliced</li> <li>● ½ cup Mushrooms, Sliced</li> <li>● Sautéed in 1 tsp Canola Oil</li> <li>● 1 Small Whole Wheat Hoagie Roll</li> </ul> 12 fl oz Sweetened Tea (Prepared from Instant) 1 medium Apple	● 2.3 oz ● 1.2 cup ● 1.6 cup ● 0 cup ● 2.3 oz
<b>Dinner</b>	Pasta Toss Made With: <ul style="list-style-type: none"> <li>● ½ cup Whole Wheat Spaghetti, Cooked</li> <li>● ½ clove Garlic, Minced</li> <li>● 1 cup Broccoli</li> <li>● 1 oz Part Skim Mozzarella, Shredded</li> <li>● 1 tsp Red Wine Vinegar</li> <li>● ½ cup Cherry Tomatoes</li> <li>● ¼ cup Canned Chick Peas, Unsalted</li> </ul> 1 ½ cup Skim Milk	● 1 oz ● 1.5 cup ● 0 cup ● 2.2 cup ● 0.9 oz
<b>Snack</b>	1 cup Pineapple Chunks, Canned in Juice, Drained 1 oz Dry Roasted, Unsalted Almonds	● 0 oz ● 0 cup ● 1 cup ● 0 cup ● 2 oz

DAILY NUTRIENT INFORMATION TOTALS (Based on 2000 Calorie Day)		
Nutrient:	Amt. Per Day	% DV*
Total calories:	1,939.4	
Total fat (g):	63.2	97.2%
Saturated fat (g):	16.6	83.2%
Trans fat (g):	0.24	
Cholesterol (mg):	275.9	92%
Sodium (mg):	2,392.1	99.7%
Potassium (mg):	3,459.1	98.8%
Protein (g):	80.7	
Total Carbs (g):	277.5	92.5%
Dietary Fiber (g):	29.6	118.4%
Vitamin A (IU):	2,674.7	53.5%
Vitamin C (mg):	265.1	441.8%
Vitamin D (IU):	206.9	51.7%
Calcium (mg):	1,362.7	136.3%
Iron (mg):	11.1	61.6%
<b>Total Food Groups:</b>	<b>MyPlate Goals:</b>	
● 6.2 oz	● 6 oz	
● 2.7 cups	● 2.5 cups	
● 4.0 cups	● 2 cups	
● 3.2 cups	● 3 cups	
● 5.9 oz	● 5.5 oz	
*Percent Daily Value (DV) are based on a 2000 calorie diet.		

## Weekly Average

<b>DAILY NUTRIENT INFORMATION TOTALS</b> (Based on 2000 Calorie Day)		
<b>Nutrient:</b>	<b>Amt. Per Day</b>	<b>% DV*</b>
Total calories:	1,982.2	
Total fat (g):	58.6	90.1%
Saturated fat (g):	14.9	74.5%
Trans fat (g):	0.1	
Cholesterol (mg):	222.3	74.1%
Sodium (mg):	2,383.1	99.3%
Potassium (mg):	3,557.2	101.6%
Protein (g):	90.7	
Total Carbs (g):	277.0	92.3%
Dietary Fiber (g):	25.5	101.9%
Vitamin A (IU):	6,803.5	136.1%
Vitamin C (mg):	215.3	358.9%
Vitamin D (IU):	257.3	64.3%
Calcium (mg):	1,372.9	137.3%
Iron (mg):	17.6	97.6%
<b>Total Food Groups:</b>	<b>MyPlate Goals:</b>	
● 6.2 oz	● 6 oz	
● 2.7 cups	● 2.5 cups	
● 2.4 cups	● 2 cups	
● 3.2 cups	● 3 cups	
● 5.9 oz	● 5.5 oz	
*Percent Daily Value (DV) are based on a 2000 calorie diet.		