MEASURING UP YOUR MENU PLAN

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Directions: Using the menu plan which you and your partner developed for a/an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and the DRI/RDA tables, complete the table below to see how your menu plan “measures up”.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Food | Amount | Calories | Protein | Folic Acid | Vitamin C | Iron | Carbohydrates | Calcium | Fat |
| Apple | 1 small | 50 | 0 | 35g |  |  |  |  |  |
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