

## Menu Planning Instructions #2

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1. Use the food guide in the book to look up serving sizes
2. Use the “Guidelines for a Healthy Meal” chart as a guide
3. Use the example on the “Example of Menu” chart as reference
4. Write down the food, portion size (amount on the plate - what your guest will actually eat), number of servings for each portion, and then fill in the following:

<b>Meal:</b>		
<b>Menu item</b>	<b>Portion size</b>	<b>Number of servings</b>

<b>Nutrient</b>	<b>Portion size</b>	<b>Number of servings</b>
Protein		
High carb food		
Low carb/low calorie vegetables		
Total fat		
High in fat		
“Good” fat		
“Bad” fat		