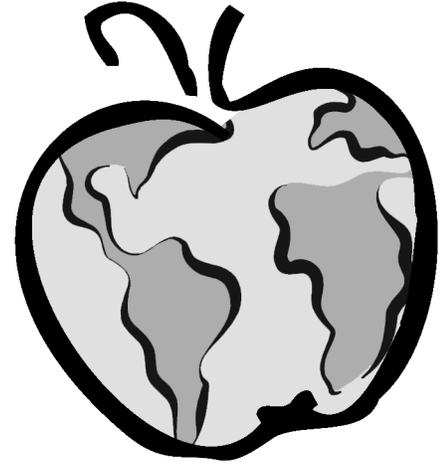


# Lesson 11

## Problem Solving: Making Healthy Choices

*Balanced Diet Theme*



This lesson focuses on the different types of fat in the diet and highlights where and how students can choose healthy fat. This lesson reinforces the importance of eating a balanced diet by including a variety of foods from each food group. It also reinforces that healthy eating relies on grains (especially whole grains), fruits, and vegetables for the majority of food selections, a concept introduced in lesson 3, Food Power. Students work cooperatively to solve a problem that requires them to use their previous knowledge of the food groups and the five-step problem-solving strategy. Students apply mathematical thinking and calculations (adding and multiplying whole numbers and fractions) to make healthier menu choices at a fast-food restaurant. This activity requires students to interpret information, plan a problem-solving strategy, draw conclusions, and defend their conclusions.

### **Behavioral Objective**

For students to make healthy food choices, with an emphasis on healthy fat, that contribute to a well-balanced diet

### **Learning Objectives**

Students will be able to do the following:

1. Use the five-step problem-solving approach to make thoughtful decisions
2. Use their knowledge of healthy eating to select meals at fast-food restaurants
3. Defend their decisions by calculating differences to compare their food selections with the recommended number of fruit and vegetable servings and the recommended levels of total, saturated, and trans fat
4. Read and interpret word problems and data tables

5. Use basic math skills (addition and multiplication of whole numbers and fractions) to solve a word problem
6. Work cooperatively to solve problems

## Materials

- One copy of student resource 11.1, Healthy Eating Guidelines, and student resource 11.2, Servings of Fast Foods, per group of three
- Activity 11.1, Making Healthy Choices (requires students to add and multiply fractions and may require a calculator)
- Student resource 11.3, What Counts as One Serving?
- Overhead transparency of food groups
- *Optional:* Extension activity 11.1, Daily Food Log

## Procedure

1. (3 minutes) Remind students of their previous knowledge about healthy eating and experience with the food groups (refer to lesson 3, Food Power). Explain that today they will be participating in a problem-solving session that requires them to use their previous knowledge of healthy eating based on balancing food groups and emphasizing the intake of healthy fat, and their previous experience with problem-solving strategies. Ask them, “Why is it important to eat a well-balanced diet?” (See Teacher Resources for possible answers.) Key answer: To get the nutrients you need to stay healthy (energy from carbohydrate, protein, and fat, and vitamins and minerals), you need to eat different foods from all five food groups, plus healthy fat, each day.
2. (3 minutes) Review the five steps involved in problem solving:
  - **Explore.** Read carefully. What do you know? What do you need to know?
  - **Plan.** Design a strategy. Arrange information in tables. Draw pictures. Make an estimate of the answer.
  - **Solve.** Test your strategy.
  - **Check solutions.** Have you answered the question? Does your answer make sense?
  - **Extend.** What have you learned? How can you apply what you’ve learned?
3. Divide the class into groups of three. Hand out student resource sheets 11.1 and 11.2 and activity 11.1. Give each group only one copy of the problem to increase their need to work cooperatively. You may want to review the student resource sheets with the class.
4. Point out the goals of the activity:
  - To work cooperatively to design a strategy that makes efficient use of class time and all team members. The processes of planning and evaluating choices are the most important parts of the problem.
  - To apply their knowledge of healthy eating to select a balanced dinner that contains low amounts of saturated and trans fat at a fast-food restaurant.
  - To use their math skills to determine their food needs and evaluate their menu options.
5. (30 minutes) Have students work in their groups to solve the problem. The Menu Analysis section of the activity will help them summarize their meal selections by

food group and content of different types of fat and can be posted on a bulletin board for other students to look at. (See selected answers in Teacher Resources.)

6. (Time depends on the size of the class) Have students write their group's meal selection on the chalkboard. Choose a reporter from each group to defend the group's selections. (To save time, groups can hand in their worksheets instead.)
7. (5 minutes) Discuss student responses to the questions asked in step 5 of the problem-solving steps (extend).
  - What was the most difficult part of making this decision in your group? How could you have improved your approach to solving this problem?
  - Is it possible to eat at fast-food restaurants and still have a healthy diet overall?
8. (5 minutes) Help students understand that fast foods generally are high in total fat, saturated fat, trans fat, and calories. (See Teacher Resources for a discussion of the different kinds of fat.) They should limit their visits to fast-food restaurants to a maximum of once per week. Occasional visits are OK, especially if they choose carefully when eating out and eat a healthy, balanced diet most of the time.

## **Extension Activities**

1. Hand out the extension activity and student resource sheet 11.3. Have students keep a log of their food consumption for one day and analyze its completeness by comparing it to the healthy eating guidelines in student resource 11.1.
2. Ask students to go to the local shopping center or mall and do the following:
  - Record the names of fast-food restaurants.
  - Record the menu items that include vegetables and fruits at each restaurant.
  - Record the menu items that are labeled low fat, no fat, or low in saturated or trans fat.
  - Determine which restaurants offer the largest number of healthy eating options.
  - Determine which restaurants are the least and most expensive to eat at.

This would work best if students work in teams.

## **Teacher Resources**

### **GENERAL BACKGROUND MATERIAL**

In preparing for this lesson, you may want to refer to the following resources:

- Washington State Dairy Council, "Fat: Where It's At" (see appendix A)
- U.S. Department of Agriculture and U.S. Department of Health and Human Services, *Dietary Guidelines for Americans* (see appendix A)

### **SPECIFIC BACKGROUND MATERIAL**

#### ***Why Is Eating a Balanced Diet Important?***

1. Balanced diets include a variety of foods from all five food groups to provide the vitamins, minerals, healthy fat, fiber, protein, and carbohydrate you need for good health.
2. Making healthy choices from each food group and limiting empty calories from sugary foods or unhealthy fat can help you maintain a healthy body weight.
3. A balanced diet can reduce the risk of developing certain conditions and diseases such as obesity, diabetes, certain cancers, hypertension, heart disease, and osteoporosis.

### **Healthy Eating Guidelines**

- 1. Eat for variety.** Foods from all food groups are important. Eat foods from all of the food groups every day, and choose a variety of foods within each food group. For optimum nutrition, eat more foods from the grain, fruit, and vegetable groups than from the meat and dairy groups.
- 2. Eat fruits and vegetables at every meal and snack.** Fruits and vegetables are packed with vitamins, minerals, and antioxidants; plus they provide fiber to help keep our bowels regular. Experts recommend that we get at least five servings of fruits and vegetables combined each day. Fruits and vegetables that are deep green or orange or red pack the most vitamins and minerals (aim to make one-third of your vegetables a deep green or orange or red variety). It is important to select fruits and vegetables of different colors to get all of their beneficial nutrients.
- 3. Go for whole grains.** Whole grains contain more nutrients and fiber than processed or refined grains because the milling process removes the most nutritional part of the grain. Aim to make half of all the grain foods that you eat whole grain.
- 4. Limit foods and beverages with added sugar.** Sweet drinks such as soda, fruit punch, lemonade, iced tea, and sport drinks have a lot of sugar but no vitamins or minerals. Consuming too many sweet drinks (especially if they replace milk) makes it hard to get all of the vitamins and minerals that your body needs. Soft drinks and sweets such as candy, cake, cookies, and donuts can cause dental cavities, and they add to calorie intake, which makes it hard to keep a healthy weight.
- 5. Choose foods with healthy fat.** The fat in our bodies serves several purposes: It protects our organs, keeps us warm, and stores energy. Fat in food provides a feeling of fullness and it adds flavor. Some fat—namely, unsaturated fat—is healthy for the heart, but other fat—the saturated kind—can damage arteries and lead to heart disease over time. Trans fat does the most damage and should be avoided.

### **Keeping Fat to Within the Recommended Level**

The U.S. *Dietary Guidelines* recommend that children and teenagers consume between 25 and 35 percent of calories from total fat (unsaturated, saturated, and trans fat) and no more than 10 percent of calories from saturated fat. Although the guidelines don't mention a specific limit for trans fat, new scientific evidence points to the harmful effects of trans fat. Therefore, it is particularly important to limit or omit entirely foods containing trans fat. Instead, eat foods with healthy polyunsaturated and monounsaturated fat that comes from plant sources and fish.

The midrange limits (30 percent) for total daily fat intake for adolescents are as follows:

- **Girls 11 to 14 years old:** About 65 grams per day of total fat with 20 or fewer grams of saturated fat (based on a 2,000-calorie diet)
- **Boys 11 to 14 years old:** About 80 grams per day of total fat with 25 or fewer grams of saturated fat (based on a 2,400-calorie diet)

### **Not All Fat Is Created Equal**

The fat found naturally in foods contains a mixture of saturated and unsaturated (monounsaturated and polyunsaturated) fatty acids, commonly called fat. Many animal products, such as fatty meat, whole milk, butter, and lard, are high in saturated fat. This kind of fat is typically solid at room temperature. Eating too much saturated fat increases the risk of developing heart disease because it raises LDL (bad) cholesterol. Therefore, the U.S. *Dietary Guidelines* recommend eating a diet low in saturated fat.

Most of the fat you eat should be unsaturated because substituting unsaturated fat for saturated fat decreases the risk of developing heart disease. Most plant fat or oil is high in unsaturated fat and generally is liquid at room temperature. Vegetable oils (olive, canola, corn, peanut), fish, most nuts, olives, and avocados are good sources of unsaturated fat.

Eating excessive amounts of any type of fat may not be healthy, so try to get no more than 35 percent of your calories from total fat (saturated, unsaturated, and trans fat). Look at food labels to identify foods low in saturated fat, trans fat, and cholesterol (5 percent of the daily value or less is low; 20 percent of the daily value or more is high). There are exceptions to the rule. Not all animal foods are high in saturated fat. Some ocean fish, such as salmon, mackerel, and tuna are high in a polyunsaturated fat—called omega-3 fatty acid—that may protect you against heart disease. So choose these foods when you get the chance.

Not all plant fat is healthy. Through a commercial process called hydrogenation, plant oils can be converted into solids called trans fat (also called partially hydrogenated vegetable oil). This is how some margarines are made. Trans fat is more damaging than saturated fat because it raises LDL (bad) cholesterol *and* lowers HDL (good) cholesterol, therefore increasing the risk of heart disease. To avoid trans fat, check the ingredients lists on packaged foods such as cookies and crackers for partially hydrogenated vegetable oil. Trans fat is more stable than regular vegetable oil so it is used frequently for frying and to enhance the shelf life of foods. Finally, watch out for coconut oil and palm oil and limit foods containing these oils because they are naturally high in saturated fat.

## Answer Key

### SELECTED ANSWERS TO ACTIVITY 11.1

#### Step 2 (Plan)

- Based on the information in the problem, how many servings of fruits and vegetables have you already eaten today? How much should you try to get at dinner?

	Consumed today	Need at dinner
Fruit	$2/3 \times 2 = 1.3$ (round to 1.5)	$2 - 1.5 = .5$
Vegetable	$2/3 \times 3 = 2$	$3 - 2 = 1$

- How much fat have you eaten? (Round your answer to the nearest whole number.) How many grams of total fat and saturated fat should you try to limit your dinner to?

Solution	Girls	Dinner limit
Total fat	$2/3 \times 65 = 42.9$ (round to 43)	$65 - 43 = 22$
Saturated fat	$2/3 \times 20 = 13.2$ (round to 13)	$20 - 13 = 7$

	Boys	Dinner limit
Total fat	$2/3 \times 80 = 52.8$ (round to 53)	$80 - 53 = 27$
Saturated fat	$2/3 \times 25 = 16.5$ (round to 17)	$25 - 17 = 8$



# Making Healthy Choices

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## Situation

You are at the mall with a group of friends. You promised your mom that you would buy a nutritious meal with the \$6 she gave you to spend on dinner. McDonald's, Domino's Pizza, and Subway are your favorite restaurants. Is it possible to buy a meal at one of these fast-food restaurants that is well balanced (focusing on grains, fruits, and vegetables) and contains only a moderate amount of fat and minimizes the intake of unhealthy fat? Assume you've already eaten two-thirds of the recommended servings for fruits and vegetables in the meals and snack that you had today, and you have consumed two-thirds of the recommended daily total fat and saturated fat intake.

Look at the healthy eating guidelines and the fast-food menus on the student resource sheets. Plan a meal that helps you meet the minimum requirements for fruits and vegetables and that does not exceed the recommended daily grams of total fat and saturated fat. Be prepared to defend your choices.

Use the five-step problem-solving process to help you reach a decision.

## Step 1: Explore

1. What is the question?
2. What data are presented that will help you answer the question?

## Step 2: Plan

Making the best meal choice requires you to solve three smaller problems. Design a strategy to answer each question.

1. Based on the information in the problem, how many servings of fruits and vegetables have you already eaten today? How many do you need each day? How many should you try to eat at dinner to meet this goal?
2. How much fat have you eaten? (Remember, when determining the amount of fat consumed based on the recommended amount, you need to use the value appropriate for your gender. Round your answers to the nearest whole number.) How many grams of total fat, saturated fat, and trans fat should you try to limit your dinner to?
3. Which menu selections should you make? (Hint: Tables can help you keep track of information. You might want to make a table that resembles student resource 11.2 to keep track of the nutritional information for each of your choices.)

*(continued)*



## Making Healthy Choices *(continued)*

### Step 3: Solve

Try your strategy. Make your meal choice.

1. Show your work below or on a separate sheet of paper.
2. Report your decisions on a separate sheet of paper and complete the menu analysis on the next page.

### Step 4: Examine and Defend Your Decision

Defend your menu selections by comparing the daily recommended number of fruits and vegetables with the total number you would eat for this day. Similarly, compare your total fat and saturated fat intakes to the amount recommended for people your age. Express these comparisons in words and fractions. Use separate paper if necessary. Did you consume any trans fat in your dinner meal? Also, did you consume any whole grains?

For example: My meal selection provided me with enough servings to fulfill the recommended five servings of fruits and vegetables a day, even though I had three fruits and two vegetables instead of the other way around. I ate 80 grams of total fat, 15 grams more than recommended for a boy my age (80 / 65), and I ate 28 grams of saturated fat, more grams than recommended (28 / 25). I did consume some trans fat, and I ate no whole grain foods.

### Step 5: Extend

What have you learned? How can you apply it?

1. What was the most difficult part of making this decision for your group? How could you have improved your approach to solving this problem?
2. Is it possible to eat at fast-food restaurants and still have a healthy diet overall? Explain your opinion.

### Menu Analysis

This healthy menu is served at \_\_\_\_\_.

Menu selections: \_\_\_\_\_.

Total cost: \_\_\_\_\_.

Total grams of fat: \_\_\_\_\_.

Total grams of saturated fat: \_\_\_\_\_.

Total grams of trans fat: \_\_\_\_\_.

### Determine How Well You Met the Recommended Fruit and Vegetable Intake

What fraction of the total number of recommended servings is provided by your fast-food meal?

Record your answer in the following table.

*(continued)*

# Activity 11.1

## Making Healthy Choices *(continued)*

For example: If your menu selections provided one vegetable serving and three were recommended, write  $1/3$  in the vegetable food group.

Food group	Recommended servings for someone your age	Fraction of total recommended servings from your fast-food meal
Fruit	3	
Vegetable	4	

In the following table, sum the fraction of servings provided by the menu you designed and the fraction of servings provided by the food you ate the rest of the day, based on the information provided earlier (example of a vegetable:  $2/3 + 1/3 = 1$ ). Is this less than, greater than, or equal to the goal?

Food group	Equation to describe the total fraction of the recommended servings that you consumed this day	Fraction of total recommended servings from your entire day	Is the total less than, greater than, or equal to the recommendations?
Fruit			
Vegetable			

## Determine How Well You Stayed Within Healthy Limits for Fat Intake

What was your total daily fat intake? \_\_\_\_\_ grams

How much fat is recommended for someone your age? \_\_\_\_\_ grams

Calculate the percentage of total fat that you consumed in this day compared to the recommended amount.

What was your total daily saturated fat intake? \_\_\_\_\_ grams

How much saturated fat is recommended for someone your age? \_\_\_\_\_ grams

Calculate the percentage of saturated fat that you consumed in this day compared to the recommended amount.

How much trans fat (if any) did you eat at the fast-food restaurant? \_\_\_\_\_ grams

How much trans fat should you eat?

Based on these results, do you believe it is possible to maintain healthy eating habits when you include a fast-food meal in your day?



# Extension Activity 11.1

## Daily Food Log

Keep a log of your food for one day. Do your best to record the number of servings of each food that you consume (use student resource 11.3, What Counts as One Serving?, as a guide).

Food	Food group (number of servings)					Sometimes foods
	Grains	Fruits	Veggies	Meat	Dairy	
<i>Example: 1 large slice of pizza with green peppers (1/8 of 14-inch large pizza)</i>	1		1		1	
Breakfast						
Lunch						
Dinner						
Snacks						
<b>Total number of servings</b>						

(continued)



**Making Healthy Choices** (continued)

**Analyzing the Data**

Analyze the completeness of your diet by comparing it to the healthy eating guidelines (student resource 11.1) and the recommended number of dairy servings necessary to meet your calcium requirements.

- Grains, total servings: \_\_\_\_\_
- Number of whole grain servings: \_\_\_\_\_
- Percentage of whole grains (of total servings of grains) consumed: \_\_\_\_\_
- Fruit, total servings: \_\_\_\_\_
- Vegetable, total servings: \_\_\_\_\_
- Number deep green or orange or red: \_\_\_\_\_
- Dairy, total servings: \_\_\_\_\_
- Healthy fat (list foods giving you healthy fat): \_\_\_\_\_
- Unhealthy fat (list foods giving you unhealthy fat): \_\_\_\_\_

In the following table, use the inequality symbols  $<$ ,  $>$ ,  $=$  to indicate how your servings compare to the healthy eating guidelines.

	Student	$<$ , $>$ , $=$	Healthy eating guidelines
<i>Example: whole grains</i>	30%	$<$	50%
Whole grains (%)			
Fruit (#)			
Vegetable (#)			
Deep green, orange, or red vegetable (%)			
Dairy (#)			

**Discussion**

1. Describe the differences between your diet and the healthy eating guidelines.
2. Was the way you ate this day typical for you? Explain.
3. What foods were highest in saturated and trans fat? Suggest some possible substitutions.

From J. Carter, J. Wiecha, K. Peterson, S. Nobrega, and S. Gortmaker, 2007, *Planet Health*, 2nd ed. (Champaign, IL: Human Kinetics).

# Healthy Eating Guidelines

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## 1. Eat for variety.

Foods from all food groups are important. Eat foods from all of the food groups every day, and choose a variety of foods within each food group. For optimum nutrition, eat more foods from the grain, fruit, and vegetable groups than from the meat and dairy group.

## 2. Eat fruits and vegetables at every meal and snack.

Fruits and vegetables are packed with vitamins, minerals, and antioxidants to keep you healthy; plus they provide fiber to help keep your bowels regular. Experts recommend that you eat at least five servings of fruits and vegetables combined each day. Fruits and vegetables that are deep green or orange or red pack the most vitamins and minerals (aim to make one-third of your vegetables a deep green or orange or red variety). It is important to select fruits and vegetables of different colors to get all of their beneficial nutrients.

## 3. Go for whole grains.

Whole grains contain more nutrients and fiber than processed or refined grains because the milling process removes the most nutritional part of the grain. Aim to make half of all the grain foods you eat whole grain.

## 4. Limit foods and beverages with added sugar.

Sweet drinks such as soda, fruit punch, lemonade, iced tea, and sport drinks have a lot of sugar but no vitamins or minerals. Consuming too many sweet drinks (especially if they replace milk) makes it hard to get all of the vitamins and minerals your body needs. Drinking soft drinks and eating sweets such as candy, cake, cookies, and donuts can cause dental cavities, and they add to calorie intake, which makes it hard to keep a healthy weight.

## 5. Choose foods with healthy fat.

The fat in our bodies serves several purposes: It protects our organs, keeps us warm, and stores energy. Fat in food provides a feeling of fullness and adds flavor. Some fat—namely, unsaturated fat—is healthy for the heart, but other fat—the saturated kind—can damage arteries and lead to heart disease over time. Trans fat does the most damage and should be avoided.

*(continued)*



## What Makes a Fruit or Vegetable Serving?

<b>Fruit</b>	1 medium apple, orange, or pear (size of tennis ball)
	1/2 grapefruit
	1/2 cup of raw, canned, cooked, or frozen fruit (think cut strawberries, canned peaches, or applesauce)
	1/4 cup dried fruit such as raisins
	1/4 cantaloupe
	3/4 cup (6 oz or 175 ml) 100% fruit juice
<b>Vegetable</b>	1 cup raw leafy vegetables
	1/2 cup chopped raw or cooked vegetables
	3/4 cup (6 oz or 175 ml) vegetable juice

## How Much Fat Is OK?

The U.S. *Dietary Guidelines* recommend consuming no more than 35 percent of calories from total fat (unsaturated, saturated, and trans fat) with no more than 10 percent from unsaturated fat. Individual foods may have more or less fat than this. Don't worry about occasional indulgences, but try to keep your average intake at 30 percent. On average, adolescents should consume the following amounts of fat:

- **Girls 11 to 14 years old:** About 65 grams per day of total fat with 20 or fewer grams of saturated fat (based on a 2,000-calorie diet)
- **Boys 11 to 14 years old:** About 80 grams per day of total fat with 25 or fewer grams of saturated fat (based on a 2,400-calorie diet)

## Where Do I Find Fat in Foods?

<b>Unsaturated fat</b>	Plant foods (whole grains, vegetables, and nuts)
	Vegetable oils (corn, olive, soybean, canola)
	Fish
<b>Saturated fat</b>	Animal foods (meat, poultry, dairy)
	Butter
	Lard (used in baked goods)
<b>Trans fat</b>	Partially hydrogenated vegetable oil
	Processed baked goods and snack foods
	Fried foods and fast foods

## Servings of Fast Foods

Note: For all restaurants, prices are estimated and may vary by location.

### Subway

Product	Price (\$)	Total fat (grams)	Number of servings			
			Saturated fat (grams)	Trans fat (grams)	Veggie	Fruit
Veggie Delite salad	4.24	1	0	0	2	0
Oven-roasted chicken	3.69	2.5	.5	0	0	0
Club sandwich	3.89	6	2	0	.5	0
Ham sandwich	3.49	5	1.5	0	.5	0
Veggie Delite sandwich	2.99	3	1	0	.5	0
Roast Beef deli sandwich	3.49	5	2	0	.5	0
Turkey wrap	3.29	6	1.5	0	.5	0
Meatball sub	3.29	24	11	1	0	0
Cheese steak sandwich	4.29	12	6	.5	.5	0
Chili con carne	1.99	8	3.5	0	0	0
Minestrone soup	1.99	1	.5	0	0	0
Chicken noodle soup	1.99	2	0.5	0	0	0
Ranch dressing	n/a	22	3.5	0	0	0
Honey mustard dressing	n/a	22	3	0	0	0
Fat-free Italian dressing	n/a	0	0	0	0	0
Mustard	n/a	0	0	0	0	0
Mayonnaise (1 tsp or 5 ml)	n/a	4	.5	0	0	0
Cheddar cheese	n/a	5	3	0	0	0
Fruit juice (16 oz, or 500 ml, bottle)	1.49	0	0	0	0	2.5
Soda, small	1.29	0	0	0	0	0

All sandwiches are 6 inches (15.2 centimeters) long and come with a choice of toppings (lettuce, tomatoes, onions, green peppers, pickles, and olives). Values do not include condiments, dressings, or added cheese.

(continued)

## McDonald's

Product	Price (\$)	Total fat (grams)	Number of servings			
			Saturated fat (grams)	Trans fat (grams)	Veggie	Fruit
Hamburger	0.89	9	3.5	0.5	0	0
Cheeseburger	0.99	12	6	1	0	0
Quarter pounder	2.99	18	7	1	0	0
Big Mac	2.99	30	10	1.5	0	0
Big 'n tasty	2.19	23	8	1.5	0	0
Filet-o-fish	2.59	18	4	1	0	0
Grilled chicken club	3.99	22	8	0	0	0
Grilled chicken classic sandwich	3.49	10	2	1.5	0	0
Chicken McNuggets (six pieces)	3.69	15	3	1.5	0	0
Chicken selects (three strips)	3.29	20	3.5	2.5	0	0
Caesar salad	4.09	4	2.5	0	3	0
Bacon ranch salad with crispy chicken	4.19	16	5	1.5	3	0
Asian salad with grilled chicken	4.39	10	1	0	3	0
Side salad	1.00	0	0	0	1	0
Fruit & walnut salad	1.99	8	1.5	0	0	1.5
French fries, small	1.00	13	2.5	3.5	0	0
Vanilla shake, small	1.00	10	6	0.5	0	0
Milk, 8 oz (250 ml), 1% fat	1.00	2.5	1.5	0	0	0
Orange juice, 6 oz (175 ml)	1.69	0	0	0	0	1
Soda, small	1.00	0	0	0	0	0
Caesar dressing	n/a	18	3.5	0	0	0
Ranch dressing	n/a	15	2.5	0	0	0
Low-fat balsamic vinaigrette	n/a	3	0	0	0	0
Apple pie	0.50	11	3	4.5	0	1
Fruit 'n yogurt parfait	1.00	2	1	0	0	0.3
Oatmeal raisin cookie	0.50	6	1	1.5	0	0

## Domino's Pizza

Product	Price (\$)	Total fat (grams)	Number of servings			
			Saturated fat (grams)	Trans fat (grams)	Veggie	Fruit
Cheese pizza (slice)	3.00	19	7		0	0
Green pepper & mushroom pizza	4.00	19	7		.25	0
Pepperoni pizza	4.00	29	10		0	0
Cheese-stuffed pizza	4.00	30	18		0	0
Garden salad	5.00	2	1.5		2	0
Italian dressing	n/a	12	2		0	0
Light Italian dressing	n/a	1	0		0	0
Ranch dressing	n/a	12	2		0	0
Cinnamon bread sticks	4.49	7	1.5		0	0

Information based on two slices of a large pizza. Many locations do not sell pizza by the slice.

# What Counts as One Serving?

Food group	One serving
Grains (bread, cereal, rice, and pasta)	1 slice of bread
	1 tortilla, roll, muffin
	1/2 bagel, English muffin, hamburger bun
	1/2 cup cooked cereal, grits, rice, pasta
	1 oz (about 1 cup, or 30 g) ready-to-eat breakfast cereal
Vegetable	1 cup raw leafy vegetables
	1/2 cup other chopped vegetables
	1/2 cup other cooked vegetables
	3/4 cup vegetable juice
Fruit	1 medium apple, banana, orange, pear
	1/2 grapefruit
	1/4 cantaloupe
	1/2 cup raw, canned, cooked, frozen fruit
	1/4 cup raisins, dried fruit
	3/4 cup fruit juice
Dairy (milk, yogurt, and cheese)	1 cup milk or yogurt
	1.5 oz (45 g) natural cheese (e.g., cheddar)
	2 oz (60 g) processed cheese (e.g., American)
	1/2 cup pudding
	1/2 cup ice cream, ice milk, frozen yogurt
Meat, beans, and alternatives (meat, poultry, fish, dry beans, eggs, and nuts)	2.5 oz (75 g) cooked, lean meat, poultry, or fish
	1/2 cup cooked dry beans, peas
	1 egg
	2 tablespoons (30 ml) peanut butter
	1/3 cup nuts, seeds

From J. Carter, J. Wiecha, K. Peterson, S. Nobrega, and S. Gortmaker, 2007, *Planet Health*, 2nd ed. (Champaign, IL: Human Kinetics).