

## 5.1.2 Meal Planning Mission

**Purpose:** The purpose of this problem is to explore the USDA RDA for different individuals and trying to match those Daily Allowances with diets that have alternatives for individuals with gluten intolerance.

The meals that I am planning is for a care facility that caters to 80 year old males who are looking to maintain their current nutrition.

The individuals have the following nutritional requirements: 2153 Calories, 47-11grams of Fat, 108-269 grams of Protein, 108-269 grams of Carbs.

Day 1

Breakfast

Rooster Bullet Sandwich-(Gluten free bread for intolerance)-1 sandwich

Bacon (2 stripes)

Blueberries (1cup)

47 grams carbs            40.3 grams fat            41.1 grams Protein            712.8 calories

Lunch

Strawberry Smoothie 1 smoothie

Califlower and Tahine 2 serving

67.5 g carbs            34 g fat            37.6 g protein            683 calories

Dinner

Scallops Carpaccio with Mango and Parmesan 1 serving

Peanut Butter and Tomato Toast 2 serving

62.g carbs            38.8 g fat            40.2 g protein            716 calories

## Day 2

### Breakfast

Oat and Cottage Pancakes 3 pancakes

Apple 1 apple

Nonfat yogurt 1 bowl

80 g carbs 23 g fat 72 g protein 814 calories

### Lunch

Tuna Salad 1 serving

Cheese slices 3 servings

10.7 g carbs 44.4 g fat 38 g Protein 581 calories

### Dinner

Simple fish chowder 1 serving

Cottage cheese and strawberries 3 servings

48 g carbs 9 g fat 108 g protein 713 calories

## Conclusion Question

1. It is harder to come up with groups because there are variations in health and food preferences. It is also a challenge to consider how people metabolize and consumer their food.
2. When considering the restricted food diet I considered taste and easy of handling in this situation. I think it is important to help people but also to make it as easy as possible on the staff.