

Carrie Draney

Menu Adjustment Assignment

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The only issue with the menu was an excess in calories. In order to fix this problem, I decreased many of the portion sizes. For example, I decreased the number of pancakes to one instead of two and decreased the amount of bacon to one ounce instead of two ounces. The number of eggs served was also decreased from two eggs to one egg. All of these changes did not take away from the overall meal. Although it decreased the size of the meal, with the variety the menu provided, the meal was still complete with a smaller portion size. Also, a lot of calories were coming from desserts so I had to substitute some desserts with lower calorie options. By substituting the cheesecake with a chocolate chip cookie, I was able to reduce calories by 250kcal. Also, I removed cheese from many of the menu items. I removed cheese from the burger and from the chicken dinner. This lowered the amount of calories but did not take away from the overall meal. By removing a lot of options from the menu, I decreased the amount of dietary fiber being supplemented. To make sure there was enough dietary fiber, I substituted the day three snack with graham crackers. This increased the dietary fiber and cut down the calories. Other than excess calories, the menu fits all nutrient requirements.