

- 1 cup brown rice
- 1 cup cooked green beans
- ½ cup cooked carrots
- 1 teaspoon coconut oil
- 1 Tbsp reduced fat butter

Snack:

- 1 cup popcorn

C. CHO Counting: using information from section A (12 points)

1. Create a meal plan for yourself using CHO counting (different from B.1).

CHO Counting

167g/ 15= 11 CHO Units		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Carbohydrate							
	Starch	1	-	2	2	1	1
	Fruit	2	-	-	-	-	-
	Milk	-	1	-	-	-	-
	NS Vegetables	-	-	1	-	3	-
	Others (sweets)	-	-	-	-	-	-
	Protein	-	1	2	-	1	-
	Fat	1	-	1	1	1	-

2. Provide a sample one-day menu (different from B.2).

Breakfast:

- ½ cup Applesauce
- ½ cup fruit juice
- ½ English muffin
- ½ teaspoon almond butter

Snack:

- 2/3 cup vanilla yogurt
- 1 hard boiled egg

Lunch:

- 1 flour tortilla