

CHAPTER 2

TOOLS FOR DESIGNING A HEALTHY DIET

REAL LIFE SCENARIO

Andy is like many other college students. He grew up on a quick bowl of cereal and milk for breakfast and a hamburger, French fries, and cola for lunch, either in the school cafeteria or at a local fast-food restaurant. At dinner, he generally avoided eating any of his salad or vegetables, and by 9 o'clock he was deep into bags of chips and cookies. Andy has taken most of these habits to college. He prefers coffee for breakfast and possibly a chocolate bar. Lunch still is mainly a hamburger, French fries, and cola, but pizza and tacos now alternate more frequently than when he was in high school. One thing Andy really likes about the restaurants surrounding campus is that, for just about half a dollar more, he can supersize his meal. This helps him stretch his food dollar; searching out value meals for lunch and dinner now has become part of a typical day.

Provide some dietary advice for Andy. Start with his positive habits and then provide some constructive criticism, based on what you know now.