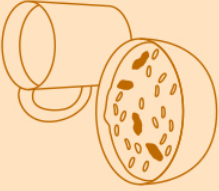
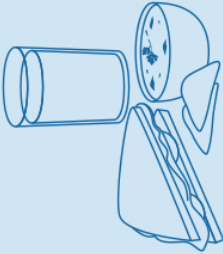




Healthy Meal Pattern Makeovers

Meal 2,000 calories/day	Typical American Diet	Healthy Eating Pattern Makeover #1	Healthy Eating Pattern Makeover #2
Breakfast 	Scrambled eggs, Bacon, White toast with butter, Coffee with sugar and cream	Egg omelet with spinach, tomatoes, onions, and cheddar cheese, Whole wheat English muffin, Olive oil spread Banana, Coffee with skim milk	Oatmeal, Raisins, Slivered almonds, Skim milk, Herbal tea
Lunch 	2 slices pizza, Soda	Turkey sandwich with Romaine lettuce, tomato, and mustard on whole wheat bread, Tortilla chips and salsa, Seltzer	Greek salad with Romaine lettuce, red peppers, olives, feta cheese, chickpeas, olive oil and vinegar, Whole wheat pita bread
Dinner 	Fast food hamburger on a bun, French fries Soda	Whole grain pasta baked ziti with tomato sauce, ricotta and mozzarella cheeses, Garden salad with olive oil and vinegar, Water	Salmon with sautéed spinach in olive oil over brown rice
Snack 	Chips	Whole grain crackers and hummus, Strawberries	Orange, Yogurt