

Fall 11-29-2017

## Best and Worst Nutrition Plan

Lawren Kariuki  
*Indiana State University*

Follow this and additional works at: <https://scholars.indianastate.edu/scholarship>



Part of the [Comparative Nutrition Commons](#), [Dietetics and Clinical Nutrition Commons](#), [Human and Clinical Nutrition Commons](#), and the [Other Nutrition Commons](#)

---

### Recommended Citation

Kariuki, Lawren, "Best and Worst Nutrition Plan" (2017). *Student Scholarship*. 2.  
<https://scholars.indianastate.edu/scholarship/2>

This Article is brought to you for free and open access by the Center for Student Research and Creativity at Sycamore Scholars. It has been accepted for inclusion in Student Scholarship by an authorized administrator of Sycamore Scholars. For more information, please contact [dana.swinford@indstate.edu](mailto:dana.swinford@indstate.edu).

<b>Healthy Meals</b>	
<i>Restaurant</i>	<i>Food</i>
<b>Breakfast</b>	
Subway	Egg and Cheese on Flatbread(multigrain) 2pk of Apple Slices, and a medium Orange juice
<b>Lunch</b>	
Subway	Italian B.M.T. on wheat bread(6in) w/ Apple Slices, Sun Harvest Cheddar Cheese chips, and Dasani Bottled Water
<b>Dinner</b>	
Subway	Italian B.M.T Salad, Baked Original Chips, 1 White Chip Macadamia Nut cookie, and Medium Fuze Iced Tea

1.

<b>Unhealthy Meals</b>	
<i>Restaurant</i>	<i>Food</i>
<b>Breakfast</b>	
McDonalds	Medium Orange juice, oatmeal, sausage egg cheese bagel, and a hashbrown
<b>Lunch</b>	
McDonalds	McChicken M/Large with a Large Sweet Tea 1 Oatmeal and Raisin cookie
<b>Dinner</b>	
McDonalds	Big Mac M/Medium with a Large Chocolate Chip Frappe, 4pc nugget, and a M&M McFlurry

2.

Healthy Meals										
<i>Item</i>	Fat (g)	Fat (kcal)	CHO (g)	CHO (kcal)	Pro (g)	Pro (kcal)	Sodium (mg)	Chol. (mg)	Fiber (g)	kcal
<b>Breakfast</b>										
Egg and Cheese on Flatbread(6in multigrain)	11	99	40	160	23	92	840	10	6	350
Medium Orange juice	0	0	26	104	2	8	0	0	0	110
Apple Slices	0	0	9	36	0	0	0	0	2	35
Apple Slices	0	0	9	36	0	0	0	0	2	35
<b>Total</b>	11	99	66	336	23	100	840	10	10	530
<b>Lunch</b>										
Italian B.M.T. on wheat bread(6in)	25	225	45	225	23	92	1610	60	4	500
Apple Slices(1)	0	0	9	36	0	0	0	0	2	35
Sun Harvest Cheddar Cheese chips	9	81	29	116	4	16	240	0	3	210

and Dasani Bottled Water	0	0	0	0	0	0	20	0	0	0
<b>Total</b>	34	306	83	377	27	108	1870	60	9	745
<b>Dinner</b>										
Italian B.M.T Salad	25	225	3	12	11	44	1210	50	0	290
Baked Original Chips	2	18	26	104	2	8	150	0	2	130
1 White Chip Macadamia Nut cookie	11	99	28	112	2	8	130	15	1	220
Dasani Bottled Water	0	0	0	0	0	0	20	0	0	0
<b>Total</b>	38	342	57	228	15	60	1510	65	3	640
<b>Total for the Day</b>	83	747	206	941	65	268	4220	135	22	1915

2.

<b>Unhealthy Meals</b>										
<i>Item</i>	Fat (g)	Fat (kcal)	CHO (g)	CHO (kcal)	Pro (g)	Pro (kcal)	Sodium (mg)	Chol. (mg)	Fiber (g)	Kcal
<b>Breakfast</b>										

Medium Orange juice	0	0	44	176	3	12	0	0	0	190
oatmeal	4	36	62	248	6	24	140	5	5	310
SEC Bagel	39	351	54	270	27	108	1300	245	4	670
Hashbrown	9	81	16	64	1	4	320	0	1	150
<b>Total</b>	52	468	176	758	37	148	1760	250	10	1320
<b>Lunch</b>										
McChicken	15	135	40	80	15	60	600	40	2	350
Large Fry	24		66	264	7	28	350	0	6	510
Large Sweet Tea	0	0	38	152	1	4	25	0	0	160
Oatmeal& Raisin Cookie	5	45	22	88	2	8	125	10	1	140
<b>Total</b>	44	180	166	584	25	100	1100	50	9	1160
<b>Dinner</b>										
Big Mac	28	252	46	184	25	100	950	80	3	540
Large Chocolate Chip Frappe	31	279	110	440	12	48	210	95	1	760
Medium Fry	16	144	44	176	4	16	230	0	4	340
M&M McFlurry	22		77		13		200	50	2	630
4pc Nugget	11	99	11	44	10	40	340	30	1	180
<b>Total</b>	108	774	288	844	64	204	1930	255	11	2450
<b>Total for the Day</b>										
<b>Total for the Day</b>	204	1422	630	2186	126	452	4790	555	30	4930

3.

<b>Healthy Meal</b>		
<b>Nutrient</b>	<b>Recommended intake</b>	<b>Actual intake</b>
<i>% Fat</i>	4.4-7.8%	39%
<i>% Carbohydrate</i>	45-65%	49%
<i>% Protein</i>	10-35%	14%
<i>Sodium (mg)</i>	1300-2300	1.83 times over recommended intake
<i>Cholesterol (mg)</i>	2000	.07 under recommended intake
<i>Fiber (g)</i>	25	88%
<b>Unhealthy Meal</b>		
<b>Nutrient</b>	<b>Recommended intake</b>	<b>Actual intake</b>
<i>% Fat</i>	4.4-7.8%	28% over
<i>% Carbohydrate</i>	45-65%	44%
<i>% Protein</i>	10-35%	.09 under recommended intake
<i>Sodium (mg)</i>	1300-2300	97%
<i>Cholesterol (mg)</i>	2000	27%
<i>Fiber (g)</i>	25	1.2 times over recommended intake

Best Meal: I think the Subway meals that I had chosen for this project would be considered the best option as the better meal because within those meals I made the choices of having many nutrients such as grains, fruit, vegetables, and many other nutrients throughout my meal choices. When making these meal choices I also decided to make sure they were healthy and proportional choices. Another reason why these meals were the better option is because it is under the daily intake 2,000 calories at 1915 calories. Although there were a few problems with the cholesterol and sodium intake. The cholesterol intake did not meet the recommended intake versus where the sodium went way over the recommended intake which was a little surprising at first but then I thought about the different kind of meats and the sodium that it contains. Also when I was calculating the actual fiber intake I was shocked because since I actually do eat at subway I never realized how much fiber is in their products, just by doing this project if I were to actually have

subway meals that I have chosen I would have been really close to hitting the recommended fiber intake. As far as the other nutrients they were all in the recommended range that should be consumed on a daily basis. In conclusion I believe choosing Subway was the best option to go to in order for the meals that I choose to be considered the best meals versus my other option.

**Worst Meal:** The second meal option that I chose was McDonalds. I deem the meals that I had chosen to be the worst because they go way over my calorie intake and the nutrients that I would be getting from these meals is too much to accommodate the 2,000 daily intake. For instance, seeing the McDonalds is a fast food restaurant with more so fatty fried foods more than healthy my total actual fat intake was way over the recommended fat intake at 28%. I couldn't imagine eating like every day and thinking I am not going have some health issues later on in life. When making the meals for this part of the project I already knew that the total calories would be sky high so when I saw the results they weren't really shocking see that these meals are unhealthy. Another thing I noticed were the sodium and fiber intake, the sodium was at 97% which made me recalculate twice because it was unbelievable that if I were to eat the meals presented in this project I would have consumed 4790 g of sodium and I honestly think that is crazy and the actual fiber intake was over the recommended intake as well and for some reason I honestly thought that the fiber intake would be low. In conclusion seeing the results for this portion were a little shocking seeing that I work there, but after seeing the actual intakes and the totals of the nutrients has made me realize that people including myself should really watch what and how much of nutrients that they are putting in your body