

Luisa



1. Is the goalie for her soccer team.
2. Wants to have energy for her big game.
3. Is grocery shopping for breakfast foods.

What breakfast foods and drinks should Luisa look for?

Which of these breakfast cereals will give Luisa's family long lasting energy?

Corn Flakes Nutrition Facts – Serving Size 1 cup		
Calories	100	
% Daily Value		
Total Fat	0 g	0%
Sodium	160mg	7%
Total Carb	24g	8%
Dietary Fiber	< 1g	3%
Sugars	2g	
Protein	2g	

Wheat Chex Nutrition Facts – Serving Size 3/4 cup		
Calories	160	
% Daily Value		
Total Fat	1 g	1%
Sodium	270mg	11%
Total Carb	39g	13%
Dietary Fiber	6g	24%
Sugars	5g	
Protein	5g	

Multigran O's Nutrition Facts – Serving Size 1 cup		
Calories	110	
% Daily Value		
Total Fat	1 g	2%
Sodium	90mg	4%
Total Carb	23g	8%
Dietary Fiber	2g	8%
Sugars	6g	
Protein	3g	

Which of these breakfast cereals will give Luisa's family long lasting energy?

Old Fashioned Oats Nutrition Facts – Serving Size ½ cup dry

Calories	150	
% Daily Value		
Total Fat	2.5 g	4%
Sodium	0mg	0%
Total Carb	28g	9%
Dietary Fiber	4g	15%
Sugars	0g	
Protein	5g	

Corn Flakes Nutrition Facts – Serving Size 1 cup

Calories	100	
% Daily Value		
Total Fat	0 g	0%
Sodium	160mg	7%
Total Carb	24g	8%
Dietary Fiber	< 1g	3%
Sugars	2g	
Protein	2g	

Oatmeal Squares Nutrition Facts – Serving Size 1 cup

Calories	210	
% Daily Value		
Total Fat	2.5 g	4%
Sodium	190mg	8%
Total Carb	44g	19%
Dietary Fiber	5g	19%
Sugars	9g	
Protein	6g	

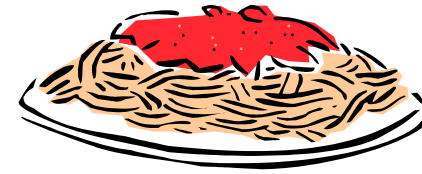
Andre



What are some of his good habits?

1. Skateboards with friends after homework
2. Eats spaghetti with juice before gymnastics
3. Drinks soda and eats ice cream after gymnastics
4. Staying up late and waking up late
5. Grabs a granola bar and juice for breakfast

What are his energy zapping habits?



Current Dinner & Snack:

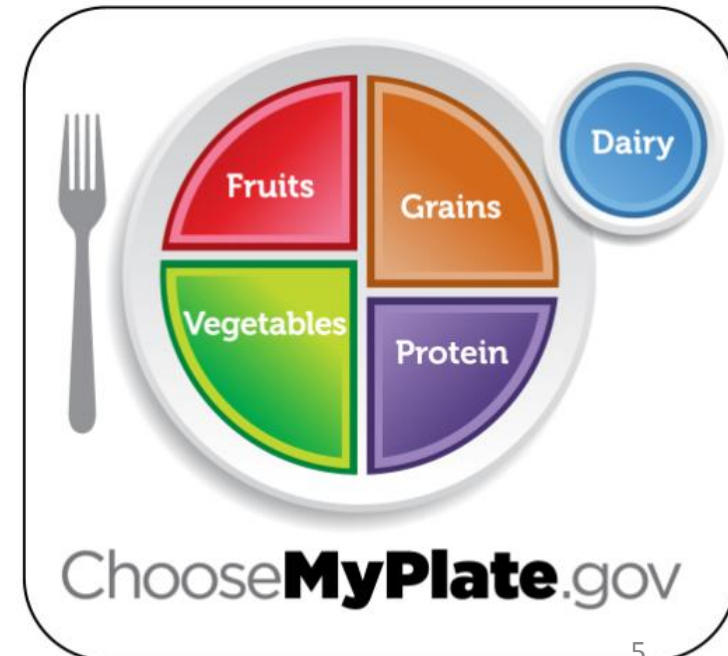
Spaghetti and Juice
Soda and ice cream



What do you recommend?

Dinner:

Snack:



Drew



1. Drew and his friends love football, basketball, and riding bikes.
2. Over the holidays, Drew got new video games that he and his friends love.
3. Now Drew and his friends run out of energy when they play outside.
4. Drew wants to start playing more sports again, but his friends don't.

How can Drew get his friends to play outside with him?