



Snyder Family's Meal Management

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Snyder Family

The Snyder's are a military family stationed at Randolph Air Force Base in Universal City, Texas. Mark, the head of the household is thirty years of age and a physical therapist. He is happily married to Jane who is a stay at home mother. Together they have two lovely children, 6 year old Molly and 3 year old Sam. The other member of the family is Judson a black Labrador retriever.

Nutritional Meal Planning

❖ My Pyramid Meal Plan

Specific to gender, age, height, weight and amount of physical activity.

NAME	GRAINS	VEGATABLE	FRUIT	MILK	MEAT & BEANS	Total Daily Calories
MARK	10oz.	3 ½ c	2 ½ c	3c	7oz.	2800
JANE	7oz.	3 ¼ c	2c	3c	6oz.	2200
MOLLY	5oz.	2c	1 ¾ c	2c	5oz.	1600
SAM	5oz.	1 ½ c	1 ½ c	2c	4oz.	1400



Thrifty Food Plan Budget

- ❖ Incorporate the Thrifty Food Plan as their budgetary guidelines so they enjoy a quality life without overspending on food.
- ❖ Snyder weekly family meal budget \$122.90
- ❖ Snyder family was unable to stay within the budget but was in close range at weekly expenditure of \$123.06.

MARK (male 19-50)	\$38.60
JANE (female 19-50)	\$34.30
MOLLY (child 6-8)	\$28.50
SAM (child 2-3)	\$21.50

Nutritional Analysis(Monday)

Monday

Breakfast	Lunch	Dinner	Snack
(3) Scrambled egg /Salsa, (6) Whole Wheat Bread (3c) 100 % Orange juice (3c) Fat free milk	(3c) Tuna Pasta Salad with Vegetables (1 ½ c) Mixed Salad Greens (16) 100 % Whole Wheat Crackers (4c) Tomato Juice (4c) Flavored Yogurt , low fat	(3 ½) Pineapple Teriyaki Chicken with Walnuts (1 ½ c)Cooked Green Beans (1 ½ c)Carrot Salad (3 ¼ c)Brown Rice (3 med)Fresh Apple (3c)Fat Free Milk	(3 ½)Whole Wheat Pita Wrap with Cucumber and Tomato Salad

Mark Snyder

	Grain	Veg	Fruit	Dairy	Meat	Oil	Calorie Limit	Extra Calorie
Goal	10 oz	3 1/2c	2 1/2c	3 c	7 oz	8 tsp	2800	425
Actual	10 oz	3 3/4 c	2 3/4c	3c	7 oz	8tsp	2295	335

Jane Snyder

Goal	7 oz	3c	2c	3c	6 oz	6tsp	2200	290
Actual	7 oz	3 1/4c	2 1/4c	3c	6 oz	5 tsp	1880	281

Molly Snyder

Goal	5 oz	2 c	1 1/2c	2c	5 oz	5 tsp	1600	130
Actual	5 oz	2c	1 3/4c	2c	5oz	3 tsp	1332	208

Sam Snyder

Goal	5 oz	1 1/2c	1 1/2c	2c	4 oz	4 tsp	1400	170
Actual		1 1/2c	1 3/4c	2c	4 oz	4tsp	1305	213



Budgetary Analysis

Monday

Breakfast	Lunch	Dinner	Snack		
(3) Scrambled egg /Salsa, (6) Whole Wheat Bread (3c) 100 % Orange juice (3c) Fat free milk	(3c) Tuna Pasta Salad with Vegetables (1 ½ c) Mixed Salad Greens (16) 100 % Whole Wheat Crackers (4c) Tomato Juice (4c) Flavored Yogurt , low fat	(3 ½) Pineapple Teriyaki Chicken with Walnuts (1 ½ c)Cooked Green Beans (1 ½ c)Carrot Salad (3 ¼ c)Brown Rice (3 med)Fresh Apple (3c)Fat Free Milk	(3 ½)Whole Wheat Pita Wrap with Cucumber and Tomato Salad		
Budget					
	Mark	Jane	Molly	Sam	Cost/Meal
Breakfast	0.79	0.76	0.35	0.35	2.25
Lunch	2.61	2.41	1.55	1.62	8.19
Dinner	1.54	1.53	1.41	1.07	5.55
Snack	0.80	0.80	0.14	.07	1.81
Individual Total	5.74	5.50	3.45	3.11	17.80
Budget	5.51	4.90	4.07	3.07	17.55



Nutritional Analysis(Friday)

Breakfast	Lunch	Dinner	Snack
(5)Whole Wheat Savory Pancakes with Carrots and Zucchini (3c) Orange Juice (3 ¼ c) Fat Free Milk	(2 ½ c)Indian Lentils (1 ¾ c) White Rice (2 ½ c) Tossed Salad (3 ¾ c)Fat Free Milk	(4c) Turkey Chili with Corn and Beans (2 ¼ c) Grilled tomatoes and Zucchini (3c) Fresh Honeydew Drink (6) Bread Sticks (3c) Fat free Milk	(2 ¾) Pop Corn, Low Fat (1/4 oz) Trail Mix (Mark Only)

Nutrition Analysis

	Grain	Vegetable	Fruit	Dairy	Meat	Oil	Calorie Limit	Extra Calorie
Mark Snyder								
Goal	10 oz	3 1/2c	2 1/2c	3 c	7 oz	8 tsp	2800	425
Actual	10 oz	3 1/2 c	2 3/4c	3c	7 oz	6tsp	2369	202
Jane Snyder								
Goal	7 1/2 oz	3c	2c	3c	6 oz	6tsp	2200	290
Actual	7 oz	3 c	2 c	3c	6 oz	5 tsp	1987	162
Molly Snyder								
Goal	5 oz	2 c	1 1/2c	2c	5 oz	5 tsp	1600	130
Actual	5 oz	2c	1 3/4c	2c	5oz	4 tsp	1290	138
Sam Snyder								
Goal	5 oz	1 1/2c	1 1/2c	2c	4 oz	4 tsp	1400	170
Actual	5 oz	1 3/4c	1 1/2c	2c	4 oz	3tsp	1294	85



Budgetary Analysis

Friday

Breakfast	Lunch	Dinner	Snack
(5) Whole Wheat Savory Pancakes with Carrots and Zucchini (3c) Orange Juice (3 ¼ c) Fat Free Milk	(2 ½ c) Indian Lentils (1 ¾ c) White Rice (2 ½ c) Tossed Salad (3 ¾ c) Fat Free Milk	(4c) Turkey Chili with Corn and Beans (2 ¼ c) Grilled tomatoes and Zucchini (3c) Fresh Honeydew Drink (6) Bread Sticks (3c) Fat free Milk	(2 ¾) Pop Corn, Low Fat (1/4 oz) Trail Mix (Mark Only)

Budget

	Mark	Jane	Molly	Sam	Cost /Meal
Breakfast	0.95	0.69	0.65	0.61	2.90
Lunch	1.12	.88	.68	.38	3.48
Dinner	2.52	1.88	1.43	1.5	7.33
Snack	0.75	0.65	0.18	.18	1.76
Individual Total	5.34	4.1	2.94	2.67	15.47
Budget	5.51	4.90	4.07	3.07	17.55



Nutritional Analysis

Sunday

Breakfast	Lunch	Dinner	Snack
(4) Peach Melba with Cottage Cheese Whole Grain on Toast (3 ½ c) Orange Juice	(3c) Lemon, Caper and White Bean Pasta (3 ½ c) Granny Smith Slaw (4c) Fat Free Milk	(4) Shredded Chicken and Bell pepper Burrito with Corn and Bean Salsa (2 ¼ c) Oven Roasted Potatoes (4 ½ c) Fat Free Milk	(2 ¼) Pop Corn, Low Fat

Mark Snyder

	Grain	Vegetable	Fruit	Dairy	Meat	Oil	Calorie Limit	Extra Calorie
Goal	10 oz	3 1/2c	2 1/2c	3 c	7 oz	8 tsp	2800	425
Actual	10 oz	3 1/2 c	2 1/2c	3c	7 oz	8tsp	2567	179

Jane Snyder

Goal	7 oz	3c	2c	3c	6 oz	6tsp	2200	290
Actual	7 oz	3 c	2 c	3c	6 oz	5tsp	2037	122

Molly Snyder

Goal	5 oz	2 c	1 1/2c	2c	5 oz	5 tsp	1600	130
Actual	5 oz	2c	1 3/4c	2c	5oz	5 tsp	1408	97

Sam Snyder

Goal	5 oz	1 1/2c	1 1/2c	2c	4 oz	4 tsp	1400	170
Actual	5 oz	1 1/2c	1 1/2c	2c	4 oz	3tsp	1330	102



Budgetary Analysis

Sunday

Breakfast	Lunch	Dinner	Snack
(4) Peach Melba with Cottage Cheese Whole Grain on Toast (3 ½ c) Orange Juice	(3c) Lemon, Caper and White Bean Pasta (3 ½ c) Granny Smith Slaw (4c) Fat Free Milk	(4) Shredded Chicken and Bell pepper Burrito with Corn and Bean Salsa (2 ¼ c) Oven Roasted Potatoes (4 ½ c) Fat Free Milk	(2 ¼) Pop Corn, Low Fat

Budget					
	Mark	Jane	Molly	Sam	Cost/Meal
Breakfast	1.78	1.54	.94	.84	5.20
Lunch	2.48	2.48	1.22	1.22	7.59
Dinner	2.00	1.94	.86	.78	5.51
Snack	.38	.19	.09	.19	.85
Individual Total	6.66	6.32	3.11	2.99	19.15
Budget	5.51	4.90	4.07	3.07	17.55





Meal Planning & Preparation a Family Activity

- ❖ Enables children to make a positive association in relation to food and healthy eating habits.

“Eating together as a family during adolescence is associated with lasting positive effects on dietary quality in young adulthood.”
(American Dietetic Association [ADA], 2010)

- ❖ It’s never too early to teach the nutritional values of food.
- ❖ Great opportunity to teach them about proper portion sizes, food safety, proper hand washing, and etiquette.
- ❖ Family Meals build cohesiveness



Snacking

Benefits

- ❖ Avoid your body from going into starvation mode.
- ❖ Well balanced blood glucose levels prevent the food cravings.
- ❖ Specifically in preschoolers snacking bridges their meals and enables them to meet their nutritional needs.

Recommendations:

- ❖ Choose nutrient dense snacks that will help you meet the daily-required food group servings.
- ❖ Eat the correct portions
- ❖ Schedule them regularly between meals
- ❖ Be conscious of snacking: sit down, chew slowly, make it enjoyable



Physical Activity

AS INDIVIDUALS

- Jane exercises 45 minutes daily at local gym.
- Molly is in an after school soccer program.
- Sam gets a daily dose of physical activity at the daycare.
- Mark works out every other day after dinner.

AS A FAMILY

Schedule park outings, bicycling, walking etc.

- ❖ Prevent a sedentary lifestyle be aware of how much time you and your family spend watching television.

“The American Academy of Pediatrics (AAP) recommends that kids under 2 years old not watch any TV and that those older than 2 watch no more than 1 to 2 hours a day of quality programming.”

(Gavin, 2008)



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