

Analyze these two runner's diets....

Label each food item with ++ (great choice) + (good choice) or -(bad choice)

Runner:Iwanna Bgood	Carbs	Protein	Fat
Breakfast: Plain bagel Orange Juice			
Snack: Fruit by the foot			
Lunch: Turkey sandwich on white bread			
Snack: Goldfish			
Dinner: Mac and Cheese 2 white dinner rolls			
Snack: Graham Crackers			

Runner: Ima Star	Carbs	Protein	Fat
Breakfast: Whole wheat bagel with natural peanut butter. Orange			
Snack: Almonds			
Lunch: 1/2 Turkey sandwich on whole wheat bread (all the meat, less bread) Apple Pistashios			
Snack: Small yogurt			
Dinner: Grilled chicken Green Beans Salad with olive oil based dressing			
Snack: Small frozen cup of yogurt			

Map your food challenge. Write down everything you eat in the table below for one day. Categorize each food item into the three categories.

Label each food item with ++ (great choice) + (good choice) or -(bad choice)

My food...	Carbs	Protein	Fat

Did you take a multivitamine today? _____

How many bottles of water did you drink today? _____

