

# Diet Choices Sheet

from 'Diet for a New America' Study Guide

**Diet 1** - You go out to fast food places for burger, chicken or pizza whenever you can.

*Breakfast:* Pancakes, sausage or bacon, orange juice, toast with butter and jam

*Lunch:* Ham and cheese sandwich, apple, milk, carrot sticks

*Snack:* Cheese and crackers

*Dinner:* Roast Beef, potatoes, gravy, peas, milk, bread, butter, salad, ice cream

**Diet 2** - A couple times a week you decide to have burgers or chicken from the local fast food place.

*Breakfast:* Pancakes, orange juice, toast with butte and jam

*Lunch:* Cheese sandwich, apple, milk, carrot sticks

*Snack:* Cheese and crackers

*Dinner:* Chicken, potatoes, gravy, peas, milk, bread, butter, salad, ice cream

**Diet 3** - You have eliminated meat from your diet. You still eat a lot of dairy products.

*Breakfast:* Pancakes, orange juice, toast with butter and jam

*Lunch:* Cheese sandwich, apple, milk, carrot sticks

*Snack:* Crackers and chips

*Dinner:* Vegetable stew, bread, butter, salad, fruit cocktail

**Diet 4** - You have become a Vegan. You don't eat meat or cheese, even on a pizza. You have eliminated meat and dairy products from your diet.

*Breakfast:* Hot cereal with soy milk, orange juice, toast with margarine and jam

*Lunch:* Peanut butter and jelly sandwich, apple, juice, carrot sticks

*Snack:* Crackers

*Dinner:* Vegetable stew, bread, margarine, salad, fruit cocktail